Tennis Pattern Running

1. **Base-Base Sprint**: Base line to far base line sprint at max speed
2. **Base-Far Service Sprint**: Base line to far service line sprint at max speed.
3. **Base-Net Sprint**: Base line to net sprint at max speed.
4. **Base-Near Service Sprint**: Base line to near service line sprint at max speed.
5. **Doubles Drop Drive Right**: Starting from left double service line, split step, open hips to right, drive off left leg and sprint at a 45 degree angle back and to the right to the center-base line. After sprinting the drop, drive laterally with a shuffle to the right doubles line, complete stroke.
6. **Doubles Drop Drive Left**: Starting from right double service line, split step, open hips to left, drive off right leg and sprint at a 45 degree angle back and to the left to the center-base line. After sprinting the drop, drive laterally with a shuffle to the left doubles line, complete stroke.
7. **Net-Base Drop Right**: Starting from the left doubles line at the net, split step, open your hips to the right, drive off your left leg, and sprint at a 45 degree angle back to the right doubles base line, complete stroke, recover center.
8. **Net-Base Drop Left**: Starting from the right doubles line at the net, split step, open your hips to the left, drive off your right leg, and sprint at a 45 degree angle back to the left doubles base line, complete stroke, recover center.
9. **Base Shuffle Right, Raise Service**: Starting from the left doubles line at the base line, split step, with your hips low to the ground and back straight, shuffle your legs to center to the right without crossing your feet, split step, then spring straight ahead to center-service complete volley.
10. **Base Shuffle Left, Raise Service**: Starting from the right doubles line at the base line, split step, with your hips low to the ground and back straight, shuffle your legs to center to the left without crossing your feet, split step, then sprint straight ahead to center-service, complete volley.
11. **Base Crossover Right, Raise Service**: Starting from the left doubles line at the base line, crossing your left leg over the front of your right for 2 strides, lunge forward with left leg to center, split step, then sprint to the service line, complete volley.
12. **Base Crossover Left, Raise Service**: Starting from the right doubles line at the base line, crossing your right leg over the front of your right for 2 strides, lunge forward with right leg to center, split step, then sprint to the service line, complete volley.
13. **Base-Net Wide Skier Strides**: Starting from center, base line, with your legs shoulder width apart, drive off your right leg with a lateral movement so you can counter with a
lateral movement in the opposite direction. Your movement should be linear and from the base line center to the net. Remember to alternate starting feet each time you begin your lateral drive.

14. **Net- Base Backpedal**: Starting from the net center, split step, then with a forward lean and hips low to the ground. Sprint backward 3 steps, open hips to forehand and sprint to the base line, complete stroke.

15. **Base-Service Raise, Drive Right**: Starting from the left doubles-base line, split step, sprint to service line, split step, drive right laterally with your left foot to your right to center, complete stroke.

16. **Base-Service Raise, Drive Left**: Starting from the right doubles-base line, split step, sprint to service line, split step, drive left laterally with your right foot to your left to center, complete stroke.

17. **Base-Net, Raise Right**: Starting from left doubles-base line, split step, drive off right leg and sprint at a 45 degree angle forward to right doubles-net, complete volley.

18. **Base-Net, Raise Left**: Starting from right doubles-base line, split step, drive off right leg and sprint at a 45 degree angle forward to left doubles-net, complete volley.

19. **Doubles-Service Shuffle Right, Drop to Base**: Starting from left doubles-service line, split step, with your hips low to the ground and back straight, shuffle to center, then sprint backward to base line, complete stroke.

20. **Doubles-Service Shuffle Left, Drop to Base**: Starting from right doubles-service line, split step, with your hips low to the ground and back straight, shuffle to center, then sprint backward to base line, complete stroke.
Pattern Options

Option 1 – 6 15 2 16 9 13 11 4 1 7
Option 2 – 12 6 16 14 13 1 5 19 3 15
Option 3 – 20 16 7 15 2 15 4 17 9 1
Option 4 – 1 14 16 20 6 15 3 7 4 18
Option 5 – 7 2 1 16 13 19 14 15 6 4
Option 6 – 16 8 3 7 5 14 4 1 16 12
Option 7 – 9 16 15 1 4 6 2 17 7 15
Option 8 – 14 1 9 4 10 16 7 3 18 20
Option 9 – 14 16 7 15 9 6 1 4 2 13
Option 10 – 7 12 4 8 1 16 14 17 3 15