

The background is a vibrant blue with a repeating pattern of tennis rackets and tennis balls. The rackets are depicted in a stylized, slightly abstract manner, with their heads and handles clearly visible. The tennis balls are scattered throughout the scene, some appearing to be in motion or falling. The overall composition is dynamic and visually appealing, centered around the theme of tennis.

TESTING AND  
PROGRAMMING FOR A 12  
YEAR OLD FEMALE  
TENNIS PLAYER

GREG ROBINSON

# SCHEDULE, AIMS AND GENERAL COMMENTS

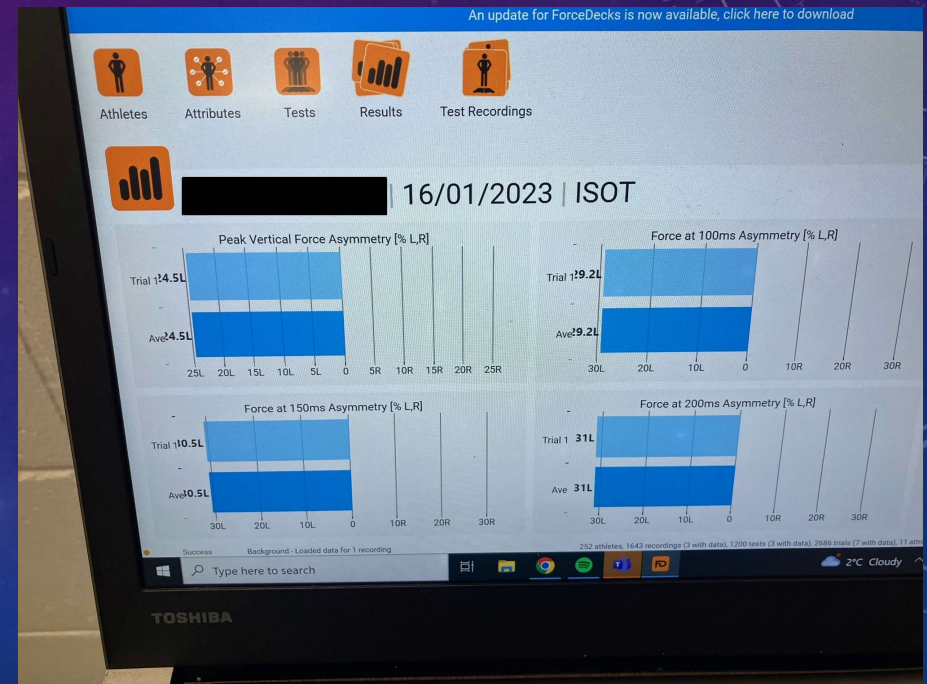
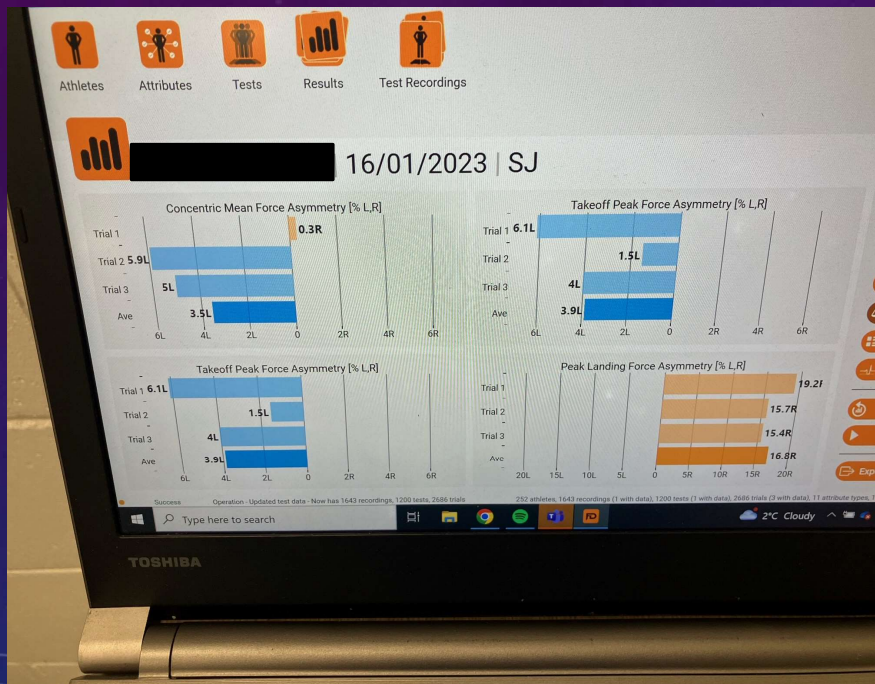
- Week A:
    - Tennis; 13.5 hours
    - S&C; 3.75 hours
  - Week B:
    - Tennis; 11 hours
    - S&C; 3.75 hours
- 11 years old playing in 12&U category
- Aiming to be a top 10 player nationally at 12&U
- Playing style is an aggressive baseliner/counter puncher
- No previous injury history
- Has slightly hunched posture
- Needs to improve perception to give space to hit shots

# TESTING SCORES VS LTA AGE GROUP NORMS

Test Performed	Athlete	LTA Norms	% Difference
Jumps			
CMJ (cm)	23.5	25.9	-10.21
Broad Jump (cm)	175	176.1	-0.63
SL Broad Right (cm)	149	N/A	N/A
SL Broad Left (cm)	155	N/A	N/A
Speed			
10m (secs)	2.10	2.07	-1.43
20m (secs)	3.77	3.73	-1.06
5-0-5 Right (secs)	2.77	2.66	-3.97
5-0-5 Left (secs)	2.69	2.69	0.00



# OTHER TESTS PERFORMED AND ASYMMETRY QUESTIONS



# PROGRAMMING THOUGHTS AND IMPLICATIONS

- Very clear left leg bias when applying force
- Struggles applying large forces in vertical directions as opposed to horizontal
- Needs to be a well rounded programme to provide her with a good physical baseline
- High amount of trunk movement when running

Exercise	Sets	Reps
Warm-Up Pogos, SL Pogo's, Skater Jumps		
Squat	4	8
Straight Leg Landing Box Jump	4	5
SL Box Jump & Drop Landing	4	3e/s
Step-Ups	3	5e/s
Step-Up Jumps	3	5e/s
Plank/Bear Crawl Challenge	3	20 secs
Kettlebell Rope Pull	3	
Dumbbell Pickup	3	8
Hamstring Bridge	3	15 secs
Wall Switches	3	16
Sled Push/Banded Run	3	1 length
Assault Course/Agility Race		