



STEVE VAUGHAN'S WILD WEST TENNIS

"Camps And Vacations With A Western Flavor"
BEND • SALISHAN • COSTA RICA • PALM SPRINGS • GRAND SLAMS

Pre Match Routine

Mike Drakulich: 4.5 player, been playing for 45 years

My Routine:

My routine for match preparation has become more important as I have gotten older. I actually wish I had done what I do now my entire tennis history. I find it very important to get properly warmed up physically and that taking that preparation time also allows me to relax and focus the mind. Here's what I try to do:

1. ride a stationary bike lightly for 5-10 minutes to get the muscles warm, if not available do easy body moving exercises to warm the muscles up.
2. Then I use a foam roller to further loosen up the quads, hamstrings, back, calves (2-4 minutes total)
3. I do 10-15 slow forward lunges to get the lower body ready, also use an exercise ball to do 10-15 "lying hamstring curls" to engage the hamstrings and glutes - two key areas for tennis players.
4. If playing a tournament and time and court availability permit at least try to hit for 30 minutes before match is played as warm ups are usually limited to 5 minutes.
5. When I first starting hitting I try to stay very relaxed with loose grips and work on getting a lot of balls in play and gradually build pace, make sure to move the feet but stay relaxed and watch the ball. Nervousness leads to tightness and poor technique/consistency, focusing on being relaxed and loose will help both physically and mentally so one gets off to the best start possible.

Mike Drakulich