

Tennis Videos and Other Resources

It's important to keep active year-round. Check out the classes and videos that you can stream (cardio, strength, yoga, mat Pilates, etc.) using your computer, smartphone, or tablet.

[One-mile heart-healthy walk](#) (15-minute session). There are options for two, three, and five miles on the page. Select what is best for you.

[Beginner Mat Pilates](#) (12-minute session). You can select other Pilates videos from this link as well. If you don't have a mat at home, you can use a towel.

Tai Chi has amazing benefits from such a simple exercise. The web page has ["3 easy beginner tai chi videos for seniors"](#). Scroll down the page and select from Gentle Tai Chi and Qi Gong LEAP serve (24 minutes), Easy Qigong & Easy Tai Chi (8 minutes) and Tai Chi 5 Minutes a Day module (11 minutes).

[7 Tai Chi Moves for Beginners](#) is a 15-minute Daily Taiji Routine.

[14 Exercises for Seniors to Improve Strength and Balance](#) (Not a video but directions for exercises that you can do at home.)

[Daily Stretches – Simple Yoga Exercises](#) (11 minutes). Besides linking to the Simple Yoga Exercises, at the top of the website are additional videos from strength training to core exercises.

[Slow and Gentle Yoga](#) (23 minutes). There are additional videos to choose from on this webpage.

[Mindfulness Meditation - Guided 10 Minutes](#) (10 minutes). Guided meditation for relaxation. They suggest using headphones.

[Health Benefits of Tennis](#): Why Play Tennis? By Jack L. Groppe, Ph.D.

[Guided Meditation for Tennis \(Improve Focus\)](#). A helpful 12-minute YouTube video to help you reduce your anxiety before a match or tournament.

Here are some videos to help keep your tennis skills sharp and some short clips of tennis pros playing doubles.

[Tennis Activities You Can Do at Home](#) (4 minutes). Former USTA Northern Executive Director Mike Goldammer shows viewers some tennis activities to do at home to keep your game solid.

[Serving Exercises at Home](#) Easy exercises for players to practice at home to improve their serve.

[Perfect Serve Practice \(20-minute routine\)](#) Watch and take notes, since you need a court to practice what is presented in the video.

[Doubles Partner's Net Position](#) (3 minutes). A short lesson on how to position yourself on the court and take advantage of the next shot.

[Return and First Volley Drill – Doubles Tennis Lesson](#) (2 minutes). A quick lesson on where to return serve and place that first volley.

[How to Watch the Ball in Doubles – Tennis Doubles Strategy Lesson](#) (7 minutes). Did you know that a weak return is referred as a "duck"?

[Federer's Body Turn – forehand power tennis lesson](#)

[Modern Tennis Forehand - 5 Drills You Must Do](#) (6 minutes). Demonstrating how Federer turns his body on a forehand.

[1-handed vs 2-handed Backhand: Which is BETTER?](#) (7 minutes). Listen to the pros/cons. You can download a PDF.

[Bryan Brothers Cincinnati Semifinals 2011](#) (15 minutes). Sit back and enjoy the net play!

[2017 WTA Finals Doubles Quarterfinal | Hingis/Chan vs. Peschke/Groenefeld | WTA Highlights](#) (6 minutes). Great movement on the court.

[Coco Gauff, Catherine McNally advance to 3rd round in straight sets | 2019 US Open Highlights](#) (6 minutes). Highlights of a great match.