

BEGINNER/INTERMEDIATE LEVELS

“3-D TENNIS”

WEEK 1	DOMINANT SIDE
WEEK 2	NON-DOMINANT SIDE
WEEK 3	FROM ABOVE
WEEK 4	RANDOMISATION

WEEK 1:

Most tennis players prefer to use strokes on the dominant side of their body, i.e: the forehand side. This is due to the fact that their dominant eye matches their dominant side. However, players often have cross dominance which causes timing and judgement issues. In this session we will use the forehand ground strokes and volleys to maximise performance on the dominant side of our body and learn to fix timing and judgment issues that may occur.

WEEK 2:

This session will involve us hitting backhand ground strokes and volleys. Most people's backhand is their weaker shot due to eye and/or foot dominance opposing each other. We will learn how to judge the ball on the backhand side and use techniques to time the contact point correctly. Some modern day tools and training aids will be used to refine the non-dominant side of our body.

WEEK 3:

The serve and the smash are the two strokes which require the player to hit the ball from above head height. This immediately causes spatial awareness issues and we cannot see the court in our peripheral vision anymore. The movement of our body changes drastically compared to the forehand and backhand. In this session we will learn how to use full body co-ordination and time the ball correctly from above.

WEEK 4:

To complete the summer course, we will use randomisation drills to help us train the brain to think quickly. The mind will be overloaded in this class as many things will take place in a short amount of time, just as in a rally or point situation. We will learn some tricks and tips how to simplify our thinking and learn to prepare for any task that may come our way by preparing early.

ADVANCED LEVEL

“Improving Matchplay”

WEEK 1	PATTERN FOR DOUBLES
WEEK 2	DOUBLES
WEEK 3	PATTERNS FOR SINGLES
WEEK 4	SINGLES

WEEK 1:

This class will comprise of specific patterns used for successful modern day doubles through world class drills. The best doubles players in the world play with their partner and take time and space away from their opponent.

WEEK 2:

Doubles matchplay will be the focus of this week. Players will rotate with each team and be given some key aspects to work on, matches will be recorded and reviewed.

WEEK 3:

Specific singles drills will be used for this week, giving players patterns of play which they can adopt to counteract any game style or opponent they face. Dictating points will be the focus of the class.

WEEK 4:

Singles points and matches will be played during this class, adopting the patterns of play we have learnt and practiced before. Once again, matches will be recorded and reviewed.