

BEGINNER LESSON BLOCKS

WEEKS 1 & 2 - A HOUSE IS BUILT FROM THE FOUNDATION UP

Technical Focus:	Forehand & Backhand
Tactical Focus:	Efficiency & Effectiveness
Physical/Mental Focus:	Movement & Footwork Patterns

In this 2-week lesson block we will focus on the fundamentals of various forehands and backhands. We will begin with the “ideal” forehand and backhand from the baseline and attempt to gain a solid understanding of the topspin grip, the racquet path and the contact point, along with the footwork and movement needed to match. Building on the above, we will then learn how to deal with forehands and backhands when we are away from the baseline, how the above will change when and forced to move in various directions.

PROGRESSION TABLE

	BEGINNER	INTERMEDIATE	ADVANCED
GRIPS	Eastern	Eastern Semi-Western	All
TOPSPIN WITH	Friction	Kinetic	Torque
STANCES	Introduction	Refinement	Enhancement

WEEKS 3 & 4 - IMPROVEMENT IS IN ONE DIRECTION: FORWARD

Technical Focus:	Volleys & Overheads
Tactical Focus:	Aggressive Game Style & Building Pressure
Physical/Mental Focus:	Movement & Footwork Patterns

In this 2-week lesson block we will focus on the fundamentals of various volleys and overheads (smashes). We will revisit the approach shot and then introduce the first volley combination whilst utilizing the continental grip. The volley racquet path, contact point, split step and step-volley will be taught. Using the same continental grip, we will learn the fundamentals of the tennis overhead. Building on the above, we will then learn how to continue playing the point at the net after the first volley.

PROGRESSION TABLE

	BEGINNER	INTERMEDIATE	ADVANCED
SHORT BALL	Carry-over point	First bounce point	Time Wars
VOLLEY	Step & Reflex	+ First & Closing	All

WEEKS 5 & 6 - FOR EVERY ACTION, THERE IS A REACTION

- Technical Focus: Serving & Returning
Tactical Focus: Getting past the first shot
Physical/Mental Focus: Sequence Timing & Power Split Step

In this 2-week lesson block we will focus on the fundamentals of the tennis serve & return, two of the most important shots in our game. We will use the continental grip for the serve and aim to achieve optimal sequence timing. The serve will be broken down into smaller parts and the contact point, racquet path and perfect ball toss will be taught. We will learn the power split step for the return of serve and an abbreviated forehand and backhand swing. Building on the above, we will then aim to put together the term's learning of all the shots into simulated point play.

PROGRESSION TABLE

	BEGINNER	INTERMEDIATE	ADVANCED
SERVE	Consistency	Direction & Spin	Build
RETURN	Consistency	Direction & Spin	Neutralize

WEEKS 7 & 8 - “WALK THE WALK” BEFORE YOU CAN “TALK THE TALK”

Technical Focus: Groundstroke Techniques
Tactical Focus: Percentage Tennis (Shot Selection)
Physical/Mental Focus: Court Awareness & Mindset

In this 2-week lesson block we will focus on the revisiting the fundamentals of our groundstrokes and developing court awareness and shot selection. Creating topspin, the fundamental spin in today’s game, gives us the greatest margin of error in our strokes. Our grip of choice demands a particular racquet path, contact point and footwork pattern in order to maximise performance. We will build on the above by creating a toolbox of skills which will allow us to choose the “right” shot at the “right” time.

PROGRESSION TABLE

	BEGINNER	INTERMEDIATE	ADVANCED
GRIPS	Eastern	Eastern Semi-Western	All
MINDSET	Consistency	Adjustments	Game Style
SHOT SELECTION	6 Directions	+ Speed	+ Carry Over

WEEKS 9 & 10 - EVERYBODY WANTS A SLICE OF THE PIE

Technical Focus:	Slice & Volleys
Tactical Focus:	Change of Pace & Approach Shots
Physical/Mental Focus:	Footwork Patterns & Power Steps

In this 2-week lesson block we will focus on learning the tennis slice & volleys. We will utilize the continental grip & learn how to use the slice on our approach shots. The tennis slice can be seen as the opposite of the tennis topspin shot. The racquet path will vary as we will follow through the contact point. The tennis slice is a great tool to have in our tennis tool bag as it allows us to change the pace of play and approach the net effectively. Building on the above, we will learn the times when it is effective to use the slice and volleys.

PROGRESSION TABLE

	BEGINNER	INTERMEDIATE	ADVANCED
SWING FOCUS	Contact Angle	+ Follow Through	+ Change of Pace
VOLLEY	Step & Reflex	+ First & Closing	All

WEEKS 11 & 12 - LET'S TRY AN GET OF TO A GOOD START

Technical Focus: Serving & Returning
Tactical Focus: Starting the Point
Physical/Mental Focus: Kinetic Chain Analysis

In this 2-week lesson block we will focus on using the kinetic chain to maximise our potential for the serve & return. The tennis serve is a complex stroke to learn and this is due to optimal sequence timing issues. An elite athlete has a very efficient service motion which has been practiced over many years, and consists of a smooth flow of energy from the legs to the ball. Novices need break down the tennis serve into individual and smaller parts in order to gain an understanding of the process. Building on the semester's learning, we can aim to utilize the serve & return to our advantage.

PROGRESSION TABLE

	BEGINNER	INTERMEDIATE	ADVANCED
SERVE	Simplest Model	Effective Model	Complete Model
RETURN	Abbreviate & Block	+ Weight Transfer	+ Anticipation

INTERMEDIATE LESSON BLOCKS

WEEKS 1 & 2 - RETHINK, REMODEL & REWARD

Technical Focus:	Forehand, Backhand, Volley, Smash
Tactical Focus:	Refining Stroke Inefficiencies
Physical/Mental Focus:	Refining Footwork & Movement Inefficiencies

In this 2-week lesson block, we will aim to identify the common errors people make on their groundstrokes and their net game. Technical and tactical inefficiencies will be identified and refined in the aim to become a more complete tennis player. Modern day grips, stances and footwork patterns will be taught and how these determine and affect the game style we wish to achieve. Rallying and point play will also be the emphasis towards the end of each lesson so applications of what is being taught is practiced immediately.

WEEKS 3 & 4 - DICTATOR vs. FOLLOWER

Technical Focus:	Serving & Returning
Tactical Focus:	Refining Stroke Inefficiencies
Physical/Mental Focus:	Refining Footwork & Movement Inefficiencies

In this 2-week lesson block, we will aim to identify the technical inefficiencies errors people make on their serve and return game. The tennis serve and the tennis return are mandatory in any competitive format and must be a key focus for all tennis players. With some scientifically proven tips, we can improve our serve very quickly and gain a better understanding of what we should be doing on the return of serve. Moving to a more complete model of the serve, direction and spin will be a major component of our focus and how we can utilize this to set up the next shot.

WEEKS 5 & 6 - IT'S NOT THE SIZE OF THE DOG IN THE FIGHT...

Technical Focus:	All Strokes
Tactical Focus:	Using our toolbox to compete
Physical/Mental Focus:	Using our toolbox to compete

In this 2-week lesson block, we will utilize the technical, tactical, physical and mental learning we have been accustomed to and try to utilize this in a competitive environment. Singles and doubles points will be simulated and challenges will be put forward to test everyone's understanding of the game. Classic games such as risk vs. reward and favourite vs. underdog will be used for competition simulation. Tactics will be a big focus of this lesson block and emphasis on individual game styles will be encouraged.

WEEKS 7 & 8 - REDUCING ERRORS = INSTANT SUCCESS

Technical Focus:	Groundstrokes & Net Play
Tactical Focus:	Consistency & Finishing Points
Physical/Mental Focus:	Athletic Ability & Motor Skills

In this 2-week lesson block, we will aim to refine our techniques to become more consistent and solid tennis players. At the intermediate level, the vast majority of points won is due to opponents' errors. If we can minimize our error count by 50%, we will see astonishing results on the scoreboard. We will learn the fundamental skills and mindset needed to accomplish the task of becoming a more consistent tennis player.

WEEKS 9 & 10 - "1-2-3" PLAYS

Technical Focus:	Serve & Return Sequences
Tactical Focus:	Refining Stroke Inefficiencies
Physical/Mental Focus:	Refining Footwork & Movement Inefficiencies

In this 2-week lesson block, we will learn the common 1-2-3 plays in today's game. The plays will start with each a serve or a return. Before the point is played we will have a 2 or 3 shot combination in mind to try to achieve. With this mindset, our tactics will be more structured and defined and we will have a clearer understanding of tactical tennis. Building on this, we will learn how to exploit our opponent's weaknesses whilst improving our strengths. A common misconception for intermediate players is to be too passive and we will learn some effective ways to become more aggressive and decisive tennis players.

WEEKS 11 & 12 - DO NOT JUDGE A BOOK BY ITS COVER

Technical Focus:	Adjusting stroke variability
Tactical Focus:	Dealing with pressure & restrictions
Physical/Mental Focus:	Readiness & Persistence

In this 2-week lesson block, we will be given variable restrictions and learn how to deal with pressure. Time constraints, court constraints and shot restrictions will all be a part of the lesson plan where players will be taught and tested on their overall game style. Team work and problem solving will be a big part of this lesson block and players will be given the chance to use their creativity and wit to construct and win points. The end goal of the semester is to become smarter, fitter, more efficient and more effective tennis players who are ready to compete under any conditions.