

BEGINNER 1: FUNDAMENTALS

Our focus for the term in our Beginner 1 groups will be learning the fundamental skills needed to rally in tennis. We have to refine our techniques, footwork, co-ordination and understanding of the skills needed to “play the game”. We will use specific exercises to help aid our bodies to move in the right way, to create the right technique and hence, produce the right strokes.

	TECHNICAL	TACTICAL	PHYSICAL
WEEK 1	Forehands	Flat Vs. Topspin	Footwork
WEEK 2	Backhands	Flat Vs. Topspin	Footwork
WEEK 3	Serve & Return	Starting the Point	Positioning & Footwork
WEEK 4	Groundstrokes	Different Stances	Rotation & Angles
WEEK 5	Groundstrokes	Sending & Receiving	Adjustments
WEEK 6	Groundstrokes	Rallying Principles	Judgement

BEGINNER 2: RALLYING & BALL CONTROL

Our focus for the term in our Beginner 2 groups will be learning rallying principles & how to play points. Tennis is one of the only sports in which you cannot start playing right away. You have to build skills and technique in order to rally successfully. We will use specific exercises to help aid our bodies to move in the right way, learn judgement skills and utilize the appropriate footwork needed to enhance balance and control.

	TECHNICAL	TACTICAL	PHYSICAL
WEEK 1	Groundstrokes	Exercises to improve	Movement
WEEK 2	Groundstrokes & Volleys	Different Stances	Footwork Patterns
WEEK 3	Serve & Return	Starting the Point	Flow & Footwork
WEEK 4	Rallying	Ball Control	Judgement & Body Control
WEEK 5	Groundstrokes & Net Play	Point Play Principles	Strengths & Weaknesses
WEEK 6	All strokes	Understanding doubles	Court Awareness

INTERMEDIATE 1: CONSTRUCTING POINTS

Our focus for the term in our Intermediate 1 groups will be learning how to construct and win points. Building on the foundation we have, refining our techniques and movement, and starting to think tactically on the court will be the goal. Consistency is the number one goal for all tennis players, and especially intermediates, as most points are won and lost are due to errors.

	TECHNICAL	TACTICAL	PHYSICAL
WEEK 1	Refining Groundstrokes	Consistency & Control	Efficiency
WEEK 2	Defining Groundstrokes	Defend, Neutral, Attack	Body & Hand Speed
WEEK 3	Serve & Return	Weapons	Force & Velocity
WEEK 4	Refine Movement	Power & Balance	Effectiveness
WEEK 5	All Strokes	Percentage Plays	Control
WEEK 6	All strokes	Winning Points	Body Mechanics

INTERMEDIATE 2: STRATEGY & GAME STYLES

Our focus for the term in our Intermediate 2 groups will be identifying common mistakes tennis players make in their technical and tactical thinking, whilst aiming to produce a game style or pattern of play. When there are two players of similar ability, the “thinker” or “strategist” usually wins. Identifying our own vs. our opponents’ strengths and weaknesses and using these to form our point play is the ultimate challenge for this term.

	TECHNICAL	TACTICAL	PHYSICAL
WEEK 1	Groundstrokes	Identifying Common Mistakes	Effectiveness
WEEK 2	Groundstrokes	Exercises to improve	Efficiency
WEEK 3	Serve & Return	Spin & Direction	Angles & Velocity
WEEK 4	Groundstrokes & Volleys	The 5% shots	Balance & Control
WEEK 5	All Strokes	Patterns of Play	Consistency
WEEK 6	All strokes	Refining Doubles	Explosiveness

ADVANCED SQUAD: COMPETITIVE TENNIS

Our focus for the term in our Advanced Squad will be using modern day techniques, tactics, drills, and exercises to train our brain into being competitive tennis players. We all want to improve. Improvement at a higher level takes more refined training, intense practice principles and a well-rounded approach to the sport. The exercises and drills we perform during training, needs to be practiced and trained and supported by a strength and conditioning program. The extra 5% effort that we put into each and every drill will go a long way in defining ourselves, our game styles and our tennis.

	THEME
WEEK 1	Repetition
WEEK 2	Defend, Neutral, Attack
WEEK 3	Timing
WEEK 4	Point Construction
WEEK 5	Point Construction
WEEK 6	Match Play