

## 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.

	TOPIC	FOCUS
WEEK 1	Forehands	Contact Point + Spin
WEEK 2	Backhands	Contact Point + Spin
WEEK 3	Serve & Return	Fundamentals
WEEK 4	Groundstrokes	Semi, Open, Closed, Neutral
WEEK 5	Groundstrokes	Height, Depth, Direction
WEEK 6	Groundstrokes	Focused Games

## 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.

	TOPIC	FOCUS
WEEK 1	Groundstrokes	Stance + Type of Shot
WEEK 2	Net Play	Volley/Smash/Approach
WEEK 3	Serve & Return	Consistency
WEEK 4	Rallying + Points	Control, Changing Variables
WEEK 5	Changing Spin	Slice
WEEK 6	Points	Focused Games

## INTERMEDIATE 1 & 2: REFINING TECHNIQUE / POINT PLAY

Our focus for the term in both our Intermediate 1 & 2 groups will be to refine our techniques and how to construct and win points. Moving up from beginner to intermediate is a big jump and the quality of ball that players need to handle changes. 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.

	TOPIC	FOCUS
WEEK 1	Fundamentals	Technique + Footwork
WEEK 2	Serve & Return	Direction, Spin, Speed
WEEK 3	Defend vs. Attack	When/How/Why?
WEEK 4	Zones in/out of Court	High % Tennis
WEEK 5	Serve + 1, Return + 1	Patterns
WEEK 6	Points	Focused Games

## 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. Improvement at a higher level takes more refined training, intense practice principles and a well-rounded approach to the sport. 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	Serve/Return
WEEK 4	Point Construction
WEEK 5	Point Construction
WEEK 6	Match Play