

TERM 1, 2020 – LESSON THEMES

Each level(s) will have a primary focus of a different theme each week, with some overlap for lower levels in order to reiterate learning a new skill. Within these lesson themes your coach will design one of a number of drills to help you learn and achieve the learning objectives. There are many ways to teach one thing, and here at University Tennis Academy, our coaches are highly skilled and experienced in delivering knowledge to you in an understandable, simple, yet effective way. The higher the level goes, the more tactical and physical demands are placed on the clients, and hence those will be a larger focus. At the lower levels, building co-ordination, skill and fundamentals are the prime focus, so good habits are formed from an early learning stage.

	LEVEL 1	LEVEL 2 + LEVEL 3	LEVEL 4 + LEVEL 5	LEVEL 6
WEEK 1	Forehand Fundamentals	Groundstroke Fundamentals	Movement	Mechanics
WEEK 2	Backhand Fundamentals	Groundstroke Variability	Consistency	Repetition
WEEK 3	Serve Fundamentals	Serve & Return	Serve & Return	Serve + 1, Return + 1 Patterns
WEEK 4	Forehands & Backhand Variations	Judgement & Timing	Defend Vs. Attack	Tactical Advantages
WEEK 5	Volleys & Overheads	Transitioning	Zones	Rhythm & Timing
WEEK 6	Judgement	Rallying Principles	Doubles	Doubles

**Note, these lesson themes are broad and the drills within them will be modified according to the levels.*