

JUNIOR 3

WHAT THE PLAYERS WILL LEARN

- Footwork patterns to and from the ball.
- Movement with acceleration and deceleration.
- Serving overarm with a simple shortened action from the service line to the service box and later from the baseline.
- To volley with a push action on both sides and with control.
- Hitting forehands and backhands with a focus on readiness, preparation and swing control.
- Rallying with a coach or partner with recovery between shots and moving the opponent.
- Playing doubles points with good court positioning.

Players can move to Junior 2 when they can regularly achieve a 20 shot rally (10 shots each) and play and score a single and doubles match.

PERSONAL BESTS (PB's)

The coaches will occasionally set the players a skill task which will be scored and the players will be given a PB score. Please ask your player about their PBs

COMPETITION

Competition features in every lesson with some counting, scoring or points.

Players improve more quickly if they play outside of lessons. Ask your coach for more details of up coming competitions