

## **JUNIOR 2**

### **AUTUMN TERM 2019**



#### **WHAT THE PLAYERS WILL LEARN**

- Dynamic movements and footwork which encourage good posture and balance.
- Challenging coordination and motor skills.
- To develop spatial awareness and use of the non-dominant side.
- Throwing with a variety of height, pace, speed and distance.
- Serving with a full overarm action, good ball toss and rhythm.
- To approach the net and hit a basic volley or smash.
- Directing forehands and backhands cross-court and straight in a rally.
- Moving the opponent in a rally.
- Be a scorer for a singles match with other players.
- Understand all the basic rules of the game.
- Problem solve when errors happen.
- Play a tie break singles match and doubles match and calling the score.
- Good sportsmanship and match manners.

Players can move to Junior 1 when they can regularly achieve a 30 shot rally (15 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. There will be 2 sessions dedicated to competition on:

Week beginning Monday 14<sup>th</sup> October

Week beginning Monday 9<sup>th</sup> December

Players improve more quickly if they play outside of lessons. Junior 2 players are encouraged to play in the BTC Junior Club Championships on Saturday 9<sup>th</sup> November 14:00 – 18:00.

How to enter: Please visit the BTC Reception or call 01689 880407 to book your child in.

Additional open competitions for Junior 2 players are:

1. David Lloyd Purley Boys & Girls 12&U Singles Grade 5, Sunday 29<sup>th</sup> September
2. Sevenoaks Tennis Centre Girls 12&U Singles Grade 5, Saturday 19<sup>th</sup> October
3. BTC Boys & Girls 12&U Singles Grade 5, Saturday 23<sup>rd</sup> November

4. Purley LTC Girls 12&U Singles Grade 5, Sunday 24<sup>th</sup> November
5. Sevenoaks Tennis Centre Boys 12&U Singles Grade 5, Sunday 8<sup>th</sup> December
6. National Tennis Centre Boys 12&U Singles Grade 5, Saturday 21<sup>st</sup> December
7. David Lloyd Purley Girls 14&U Singles Grade 5, Saturday 5<sup>th</sup> October
8. Sevenoaks Tennis Centre Boys & Girls 14&U Singles Grade 5, Sunday 20<sup>th</sup> October
9. The Parklangley Club Autumn Grade 5 Boys & Girls 14&U Singles, Friday 25<sup>th</sup> October
10. Croydon High Sports Club Boys 14&U Singles Grade 5, Sunday 10<sup>th</sup> November
11. BTC Boys & Girls 14&U Singles Grade 5, Sunday 15<sup>th</sup> December
12. Sutton Tennis Academy Boys 16&U Singles Grade 5, Saturday 19<sup>th</sup> October
13. David Lloyd Purley Boys 16&U Singles Grade 5, Sunday 17<sup>th</sup> November
14. BTC Boys 16&U Singles Grade 5, Saturday 21<sup>st</sup> December
15. Sutton Tennis Academy Boys 18&U Singles Grade 5, Saturday 5<sup>th</sup> October
16. David Lloyd Purley Girls 18&U Singles Grade 5, Sunday 6<sup>th</sup> October
17. The Parklangley Club Autumn Grade 5 Boys & Girls 18&U Singles Grade 5, Friday 25<sup>th</sup> October
18. Hawker Tennis Boys 18&U Singles Grade 5, Saturday 14<sup>th</sup> December

How to enter: Please visit the LTA website

([www.LTA.org.uk/Competitions/Search](http://www.LTA.org.uk/Competitions/Search)) to enter and for further information.

Other tournament options can also be found here.

If you're unsure if your child is ready for competition, please speak with your child's coach or email the programme team at [info@bromleytenniscentre.co.uk](mailto:info@bromleytenniscentre.co.uk).

### **PARENT 'DROP-IN'**

Parents are invited to drop into the following sessions. Go onto the court 15 minutes before the end. While players are enjoying their tennis, the coach will talk to you about what they have been learning and how they are progressing.

Week beginning Monday 9<sup>th</sup> December

Week beginning Monday 16<sup>th</sup> December