

JUNIOR 4

AUTUMN TERM 2019



WHAT THE PLAYERS WILL LEARN

- Start, stop and balance movement skills.
- Serving overarm with a simple shortened action from the service line and understanding court positions for serving and receiving.
- Understanding and using an athletic ready position.
- Recognising the height, depth, pace and direction of a moving ball.
- To volley with a push action on both sides and with control.
- Hitting forehands and backhands with a focus on preparation and swing control.
- Rallying with a coach or partner understanding the difference between cooperative and competitive.
- The names of basic shots and court lines.
- Playing singles and doubles points with basic understanding of court positions.

Players can move to Junior 3 when they can regularly achieve a 10 shot rally (5 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 14th October

Week beginning Monday 9th December

Players improve more quickly if they play outside of lessons. Junior 4 players are encouraged to play in the BTC Junior Club Championships on Saturday 9th November 14:00 – 18:00.

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

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 9th December

Week beginning Monday 16th December