

JUNIOR 1

WHAT THE PLAYERS WILL LEARN

- To develop strength and balance in a wide variety of movements
- A variety of footwork patterns and challenging motor skills
- Advanced coordination skills and racket and ball tricks
- To develop spin for the serve and to serve middle and wide
- To develop a tactical awareness of when to approach the net and volley
- To use topspin and slice on forehands and backhands, and develop a drop shot and an 'inside-out' shot
- To rally consistently with a partner or coach with the aim of regularly achieving a 40 shot rally (20 shots each)
- How to use a game plan and make good shot decisions
- To communicate with a partner in doubles and the variety of court position formats
- To review performance in a practice or match situation
- The importance of fair play and respect for officials and opponents

Players who are exceptionally talented and committed may be invited to join a performance squad

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