

JUNIOR 1 AUTUMN TERM 2019



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 receive a 'My PB' sticker. Please ask your player about the task so you know how they are progressing. Stickers are also awarded for good effort and fair play.

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 1 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.

Additional open competitions for Junior 1 players are:

1. David Lloyd Purley Boys & Girls 12&U Singles Grade 5, Sunday 29th September
2. Sevenoaks Tennis Centre Girls 12&U Singles Grade 5, Saturday 19th October

3. BTC Boys & Girls 12&U Singles Grade 5, Saturday 23rd November
4. Purley LTC Girls 12&U Singles Grade 5, Sunday 24th November
5. Sevenoaks Tennis Centre Boys 12&U Singles Grade 5, Sunday 8th December
6. National Tennis Centre Boys 12&U Singles Grade 5, Saturday 21st December
7. David Lloyd Purley Girls 14&U Singles Grade 5, Saturday 5th October
8. Sevenoaks Tennis Centre Boys & Girls 14&U Singles Grade 5, Sunday 20th October
9. The Parklangley Club Autumn Grade 5 Boys & Girls 14&U Singles, Friday 25th October
10. Croydon High Sports Club Boys 14&U Singles Grade 5, Sunday 10th November
11. BTC Boys & Girls 14&U Singles Grade 5, Sunday 15th December
12. Sutton Tennis Academy Boys 16&U Singles Grade 5, Saturday 19th October
13. David Lloyd Purley Boys 16&U Singles Grade 5, Sunday 17th November
14. BTC Boys 16&U Singles Grade 5, Saturday 21st December
15. Sutton Tennis Academy Boys 18&U Singles Grade 5, Saturday 5th October
16. David Lloyd Purley Girls 18&U Singles Grade 5, Sunday 6th October
17. The Parklangley Club Autumn Grade 5 Boys & Girls 18&U Singles Grade 5, Friday 25th October
18. Hawker Tennis Boys 18&U Singles Grade 5, Saturday 14th December

How to enter: Please visit the LTA website

(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.

PARENT 'DROP-IN'

Parents are invited to drop into the following sessions. Go down to 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