

GREEN 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.
- Directing a serve to 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.
- To hit the ball regularly past the service line in a rally.
- How to build a point and look for the winning shot.
- To develop game planning and tactics, understanding strengths and weaknesses.
- To review performance in a practice or match situation.
- The importance of fair play and respect for officials and opponents.

Players can move to Junior 3 or 2 when they can regularly achieve a 30 shot rally (15 shots each) and play and score a singles 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 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.

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