

TENNIS ACADEMY

The PLUS Tennis Academy is an optional programme designed to provide professional tennis coaching inside the beautiful setting of the Campus. The players will be tested on their abilities to maximise their full potential in a fun and exciting atmosphere.

Course Duration: Two weeks

N. Lessons: five sessions of two hours each

Price: £170 - Equipment (rackets and balls) are provided - PLUS suggest that the applicant brings his/her own racket

Minimum number of participants in a class per level: 4

One to one class can be arranged on request. Price £60.00 hour

All coaches are fully Lawn Tennis Association (LTA) qualified.

Students will be taught using demonstrations followed by activities and drills to practice the specific skills.

Students will need:

- Sports clothing
- T-shirt, shorts
- Sports socks
- Tracksuit
- Tennis racket
- A water bottle – To stay hydrated.
- Tennis shoes – Type of Tennis pitch is Matec



Tennis Programme

Session 1 - General assessment & Forehand Technique

B - Developing the shape of the forehand.

I - Focus on footwork and weight distribution when playing forehand.

A - Focus on footwork and weight distribution during a rally scenario.

Session 2 – Backhand Technique

B - Developing shape of the backhand.

I - Focus on footwork & weight distribution when playing backhand.

A - Focus on footwork and weight distribution during a rally scenario

Session 3 - Volleys

B - Developing the shape of the forehand volley, backhand volley & smash.

I - Focusing on footwork & weight distribution when playing volleys & smashes.

A - Focus on footwork & weight distribution during a rally scenario.

Session 4 - Serving (including practice drills for throwing the ball up and placement of the serve)

B - Developing the shape and technique of the first serve.

I - Incorporating shape & technique of second serve.

A - Focusing on placement of first & second serves.

Session 5 - Footwork & Agility – End of Course Match

B - Focus on correct footwork when preparing to hit ground strokes. Moving from forehand to backhand.

I - Recovery from different positions with correct footwork skills.

A - Focusing on footwork and agility from baseline to the net.

(Lesson contents are subject to change without notice)

Key:

(B) Beginner - (I) Intermediate - (A) Advanced