

Beginner Adult Coaching
Edlesborough Tennis Club
Summer Term Course Summary

Week 1

General assessment of players

Re-cap from last term, FH, BH, Volley practice, basic techniques

Singles points play

Work on contact point and control of stance in groundstrokes

Week 2

Improve depth of forehand in doubles rally situation

Forehand technical coaching and relevant tactical applications, introduction to topspin

Explanations of various grips for beginners

Blocked serving practice, Individual and group teaching points. Basic serving techniques.

Week 3

Emphasis on importance of ready position in groundstrokes

Footwork skills and recovery techniques

How to grip the racket for FH & BH

Introduction to Backhand topspin, single and double handed, technical

Week 4

Serve, technical and tactical applications

Backhand slice technique, how and why to hit slice

Explanation of grip used

Blocked serving practice- Individual and group technical

Week 5

How to create more power with volleys, basic volley technique

Various volley routines eg.15,10,5, or Volley-volley in pairs.

High Volley technique

Conditioned doubles play.

Week 6

Explain what is a drop shot. Technical and tactical applications in singles and doubles

Q & A differences in drop shot tactics for singles and doubles

Drop shot blocked practice and points drill

Blocked serving practice, with serving game.

Week 7

How and when to approach the net in singles Q & A.

Tactical explanation of why to come to the net

Approaching on a slice or a topspin shot, differences in tactics

Conditioned singles points, serve and volley only.

Week 8

How to hit topspin FH technical coaching, grip etc.

Conditioned points singles, tactical applications for using topspin to create space on the court.

FH blocked practice in pairs, longest rally, 6 hits ball becomes 'Live'

Week 9

Overhead shots – Technical coaching, both with and without a bounce.

Emphasis on good footwork skills etc.

Overhead points drill with Q & A on tactical advantages

Blocked serving practice.

Week 10

Intercepting at the net in doubles

Intercepting drills with volley skills

Tactical Q & A, why do we try and intercept

Putting the ball away Volley practice with emphasis on footwork skills

Conditioned doubles

Week 11

Approaching the net and first volley, technical. Singles.

Approaching the net drills.

Serve and volley tactics in doubles

Serving practice, correct footwork.

Week 12

Return of serve technical coaching with tactical in doubles

Where to stand to receive serve etc

Conditioned doubles

Week 13

Player feedback on areas of their game and Personal Choice coaching

Doubles routines

FH and BH volley practice

Week 14

Doubles tournament with prizes