

# Adult Group Coaching Rusty/Improvers

## Edlesborough Tennis Club

### Summer Term Course Summary

#### **Week 1**

General assessment of players

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

Singles points play

Work on contact point and control of stance in groundstrokes

#### **Week 2**

Improve depth of forehand in doubles rally situation

Forehand topspin technical coaching and relevant tactical applications

Explanations of various grips

Blocked serving practice, Individual and group teaching points

#### **Week 3**

Emphasis on importance of ready position in groundstrokes

Footwork skills and recovery techniques

How to grip the racket for topspin

Backhand topspin, single and double handed, technical

#### **Week 4**

Topspin second serve, technical and tactical applications

Backhand slice technique – Q & A courts surfaces / tactical and technical differences

Blocked serving practice- Individual and group technical

#### **Week 5**

How to create more attacking volleys in doubles

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

High Volley technique

Conditioned doubles play.

## **Week 6**

Drop shots, technical and tactical applications in singles and doubles

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

Blocked serving practice, with serving game.

## **Week 7**

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

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

Conditioned singles points, serve and volley only.

## **Week 8**

Topspin FH technical coaching

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.

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

Putting the ball away Volley practice with emphasis on footwork skills

How to deceive your opponents

Conditioned doubles

## **Week 11**

Approaching the net and first volley, technical. Singles and doubles

Serve and volley tactics in doubles, Q & A

Serving practice, First serve variations.

**Week 12**

Doubles tactics

Where to stand to receive serve etc

Return of serve technical coaching with tactical in doubles

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