

Adult Group Coaching Intermediate/Team

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