

## ADULT COACHING and TRAINING CRITERIA

### ...are you in?

We will be following a holistic '**Whole Game**' approach in that EVERYTHING you do will fit in logically to being able to '**Serve, Rally and Score**' better and better!

Too much teaching is done 'in isolation' and on a random basis that is often confusing and discourages progress. We want to encourage you to look at how everything works as one!

**By the end of the season you will have covered:**

### SENSE OF SELF – 'I AM A TENNIS PLAYER'

You will be introduced to a framework of Tennis psychology based on:

- 1. Competence** – the confidence gained from knowing you are improving
- 2. Autonomy** – learning to take responsibility for developing your game and
- 3. Relatedness** – feeling part of an encouraging and friendly environment.

- Adopting a **Positive Mindset** to believe in yourself!
- Becoming a '**Student of the Game**'
- Learning positive **Body Language** on court
- **Keeping things simple** and not 'overthinking'

### 'DEVELOPING YOUR TENNIS IQ'

You will develop an understanding of how to become an 'intelligent player' – and playing according to your capabilities and personality

- Identifying the 'right shot at the right time' – making correct decisions
- **TCUP** - Thinking Correctly Under Pressure to make every ball count!
- How to analyse and outsmart opponents in competitive play
- Learning 4 Key Tactics for better Club Doubles

## RECEIVING SKILLS

You will be shown how to react effectively to the incoming ball!

- Developing a great looking recovery position – ‘It all starts from here!’
- Using time - Understanding **Early Preparation** and **Racket Tracking**
- Understanding **Spacing** and initial movement to the ball
- Developing **Stroke Anchoring** – ‘**On Time, On Balance**’
- Using the ‘Rainbow’ ball trajectory

## SENDING SKILLS - STROKE PATTERNS

You will be shown that whatever the racket does affects what the ball does!

- Developing **Feel** and **Control** - How to make the ball to what you want it to!
- Understanding creating ‘**Rainbows**’ and net clearance
- Developing Topspin and Open-face stroke systems
- Understanding **Timing, Weight Transference** and **Acceleration**
- Developing a relaxed and effective serve

## YOUR PERSONAL TECHNICAL / TACTICAL ‘BUCKET LIST’

We will impart a ‘player-centred’ approach with each of you to develop a personal playing style you will want to take ownership of!

- Identifying current ability levels
- ‘What do I need to put in place?’
- ‘What would I like to do better?’

...and remember our **3 Point Checklist** for any of the above!

1. **Do I Understand?**
2. **Can I Do It?**
3. **Could I Show to someone else?**

**HAPPY TENNIS!**