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**Adult Tennis Courses / Clinics 2022**

**Technical Development**

**Tennis Fundamentals – Level Beginners / Rusty Racket**

This clinic focuses on the fundamental techniques of Tennis’ three main strokes, Forehand, Backhand & Serve. Emphasis is placed on developing the basic shape for each of the strokes together with the preparation and recovery phases widely known as the five ‘Rs’. It’s designed for those new to tennis or returning after some time away.

**Wednesday 4th May 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Friday 24th June 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Effective Movement and Balance on Groundstrokes – Level Improver / Intermediate / Advanced.**

Tennis is predominantly a game of movement with the ‘occasional’ hitting of a ball! Whilst sound technique is very important, movement and balance are the keys to how effectively a player is able to execute each stroke. This is dependent on the type of incoming ball and tactical intention behind the shot.

**Wednesday 11th May 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members Friday 10th June 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Serving & Returning – The Key Strokes – Level Improver / Intermediate / Advanced**

Consider this….the average length of a rally in Tennis is three shots. On that basis the serve a return make up two thirds of all the tennis shots you’ll play! However, they are the least practiced shots in training. This clinic looks at how to get the best out of both the serve and return to make you game more effective and have that cutting edge.

**Wednesday 25th May 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Effective Volleying – Level Improver / Intermediate / Advanced**

With doubles being the predominant game in the Club environment, being able to volley well is often the difference between winning and losing close matches. This clinic focuses on the technique of executing effective volleys and looks at the footwork and movement to help you achieve this in both the singles and double environment.

**Friday 1st June 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Spin Serves – Topspin / Slice – Improver / Intermediate/ Adanvced**

Serving is the key shot is tennis and the effectiveness of your second serve is vital in being able to apply pressure on your opponent during your service games. Being able to put topspin or slice on your serves will enable you to hit a more confident and powerful second serve or mix up your first serve options. It will also help in the placement of the serve.

**Wednesday 1st June 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Tactical Development**

**The Art of Double Doubles – Level Beginners / Improvers / Intermediate**

Doubles can be a bit of a daunting experience for both new, improving and more experienced players. This clinic focuses on court positioning, movement and the tactics required to play effective doubles in the club environment. The session incorporates drills, exercises and match play situations you will likely find yourself in when playing doubles. The aim is to provide players with the confidence to play in the club sessions and club teams.

**Wednesday 18th May 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Friday 6th May 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**The Art of Double Doubles II – Level Beginners / Improvers / Intermediate**

Following on from Art of Doubles I, this Clinic focuses more on the effective movement of the playing partners to ensure that you maintain the best possible court coverage in each of the game situations. The Clinic also examines how to best communicate when on court. It will look at ways to establish a strong team bond even when playing with unfamiliar partners allowing you to develop those tactical and motivational conversations essential to doubles.

**Wednesday 22nd June 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Singles – Patterns of Play Improver / Intermediate/ Advanced**

When you watch professional players, you’ll see them playing similar patterns of strokes during the course of a match. These patterns will differ based on many factors including who their opponent is, their strengths and weaknesses, your strengths, and weaknesses, what games situation you’re in, what surface they’re playing on, etc etc. Understanding how to develop effective patterns to maximize your strengths and minimize your opponents can often be the difference between winning and losing matches.

**Wednesday 6th July 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Net Play in Doubles– Improver / Intermediate / Advanced**

As your competence and confidence with your volleying at the net improves the most effective tactics in double is for both players to get into the net and take time away from your opponents. This Clinic focuses on approaching the net effectively and the movement with your partner when both at the net. It’s a great clinic for those involved in playing matches for their respective clubs.

**Wednesday 8th June 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Playing the Numbers Game –The Art of Winning: Improver / Intermediate / Advanced**

Why is it that Federer, Nadal and Djokovic pay a premium for statistics on their opponents (and themselves)? Easy…it’s the information that allows them to win more matches that their rivals on tour.

Whilst the information they have is very specific there are elements of statistics that allow us as Club players to play far more effectively. They provide us with information on where the key points are in matches and on where we need to improve our playing style to be more effective in match situations. This eye-opening clinic, will, I hope be a revelation in how to play matches more effectively and increase your winning percentage.

**Friday 20th May 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Wednesday 15th June 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**

**Mental Development**

**Zen Tennis –How to stay relaxed and Focused on Court: Beginner / Improver / Intermediate / Advanced**

The ability to stay relaxed and loose and to maintain concentration and focus when playing will allow you to perform to your fullest potential when on court. This practical clinic focuses on demonstrating on-court exercises you can use to help reduce ‘interference’ allowing you to stay relaxed when hitting your strokes and to be able to move with greater freedom around the court.

**Wednesday 29th June 7.00 – 8.30pm Avenue TC £12.50 Members £15.00 Non-Members**