



**REDHILL LAWN TENNIS CLUB PLAYER TARGET SHEET**

Player Name:

Date of Birth:

BTM Number:

Coach: Dave Earl, Redhill

Coach contact: Redhillcoaching@gmail.com / 07904 347 917

Other coaches and hitting partners:

Ollie Butler, Senior Coach - 07545213474

Liam Tatershall: 07587155805

Let's work on...

When serving

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- 
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Key practices

When returning

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Key practices

When both at the baseline

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Key practices

When receiving a short ball

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Key practices



## Physical Training

Exercise	How Many?	How many times per week?
2 Hops forward, 1 Hop back on one leg only from Baseline to Net and back	Twice	2
Lunge with a twist baseline to net	Twice	2
Squat and hold	20	2
Plank and saw	20	1
Racket pull ups	20	1
Press ups	20	3

### Goals in Matches

1. What is your opponents strength and how can you neutralise it?
2. What is your strength and are you making the most out of it?
3. Don't drop intensity and try to compete and / or win every point

### How we play and train

**R.A.M.P Warm up everytime no exceptions**

Legs stay wide and low. Run down everyball. Don't miss. Trade consistently with quality to earn the right to finish

