



## **JUNIOR COACHING STRUCTURE**

We are going for a 70/30 structure which means our groups will 70% of the time concentrate on Forehand, Backhand and Serve. 30% of the time we can teach footwork, volley, psychology, physical and anything else within Tennis. Each week we pick a theme around Forehand, Backhand or Serve for the bulk of a lesson.

## **EXPECTATIONS**

We expect all players to be able to control a ball and understand the relationship between ball and racket by learning ball characteristics – Height, Speed, Spin, Depth Direction.

All players need to know racket control – Shape of swing, speed of racket head, accelerate on the ball for 'spark', grip changes, clean neutral position (ready position)

Emotional control – Players must remain respectful to opponents, keep trying as hard as they can, not throw rackets or swear. If a player shows any bad sportsmanship they're punished accordingly

## **EACH SESSION**

RAMP Warm Up - **Raise** heart rate, **Activate** key muscles, **Mobilise** joints, **Potentiate** so start hitting

Hitting as soon as possible (if players can't hit then ball on racket skills, if they struggle then keep them close to the net)

Technical teaching point

Teach throughout the lesson forcing home the information

Points and / or Matchplay

X-Factor award for the best player in that session (prizes at the end of term)

Summary speech so group know the teaching point

## **OUR DIFFERENCE**

Players hit more balls and use more energy in our sessions than our rivals. We always play with an intensity and have a competitive element to every session and drill.