

# **Coaching Sessions Explained!**

**Term runs from 6th September - 19th December (14 weeks)**

**Break from term from 25th October - 31st October**

**Mini Tennis** - this is a session for players aged 10 & Under. Session as 90 minutes long and are split into 4 parts. These are :-

1. **Co-ordination** (15 mins) - this is where we work on eye hand co-ordination and all receiving skills, throwing and catching.
2. **Movement** (15 mins)- this is where we work on the players movement patterns and the co-ordination of movement, with and without the racket.
3. **Technical** (30 mins)- this is where we work on the technical game of the player. this is such an important area of a players progression to being a 'great player'.
4. **Tactical** (30 mins)- this is where we work on the tactical scenarios and explain why certain shot are played in certain scenarios. Also working on the players ability to play matches.

**Junior Starter** - this is a session for players aged 11 & Over. Session as 60 minutes long and are split into 4 parts. These are :-

1. **Co-ordination** (10 mins) - this is where we work on eye hand co-ordination and all receiving skills, throwing and catching.
2. **Movement** (10 mins)- this is where we work on the players movement patterns and the co-ordination of movement, with and without the racket.
3. **Technical** (20 mins)- this is where we work on the technical game of the player. this is such an important area of a players progression to being a 'great player'.
4. **Tactical** (20 mins)- this is where we work on the tactical scenarios and explain why certain shot are played in certain scenarios. Also working on the players ability to play matches.

**Junior** - this is a session for players aged 11 & Over. Session as 90 minutes long and are split into 4 parts. These are :-

1. **Co-ordination** (15 mins) - this is where we work on eye hand co-ordination and all receiving skills, throwing and catching.

2. **Movement** (15 mins)- this is where we work on the players movement patterns and the co-ordination of movement, with and without the racket.
3. **Technical** (30 mins)- this is where we work on the technical game of the player. this is such an important area of a players progression to being a 'great player'.
4. **Tactical** (30 mins)- this is where we work on the tactical scenarios and explain why certain shot are played in certain scenarios. Also working on the players ability to play matches.

**Junior Team** - this is a session for players aged 11 & Over. Session as 90 minutes long and are split into 4 parts. These are :-

1. **Co-ordination** (15 mins) - this is where we work on eye hand co-ordination and all receiving skills, throwing and catching.
2. **Movement** (15 mins)- this is where we work on the players movement patterns and the co-ordination of movement, with and without the racket.
3. **Technical** (30 mins)- this is where we work on the technical game of the player. this is such an important area of a players progression to being a 'great player'.
4. **Tactical** (30 mins)- this is where we work on the tactical scenarios and explain why certain shot are played in certain scenarios. Also working on the players ability to play matches.

**Adult** - this is a session for players aged 18 & Over. Session as 90 minutes long and are split into 4 parts. These are :-

1. **Co-ordination** (15 mins) - this is where we work on eye hand co-ordination and all receiving skills, throwing and catching.
2. **Movement** (15 mins)- this is where we work on the players movement patterns and the co-ordination of movement, with and without the racket.
3. **Technical** (30 mins)- this is where we work on the technical game of the player. this is such an important area of a players progression to being a 'great player'.
4. **Tactical** (30 mins)- this is where we work on the tactical scenarios and explain why certain shot are played in certain scenarios. Also working on the players ability to play matches.

**Adult & Child** - this is a session for players aged 18 & Over, also available for a parent to bring their child along who should be Under 18. Session as 90 minutes long and are split into 4 parts. These are :-

1. **Co-ordination** (15 mins) - this is where we work on eye hand co-ordination and all receiving skills, throwing and catching.
2. **Movement** (15 mins)- this is where we work on the players movement patterns and the co-ordination of movement, with and without the racket.
3. **Technical** (30 mins)- this is where we work on the technical game of the player. this is such an important area of a players progression to being a 'great player'.
4. **Tactical** (30 mins)- this is where we work on the tactical scenarios and explain why certain shot are played in certain scenarios. Also working on the players ability to play matches.

**Academy** - this is a session for all players any age. (this is a Mini Tennis, Junior Tennis and Adult Academy) Session as 90 minutes long and are split into 4 parts. These are :-

1. **Co-ordination** (15 mins) - this is where we work on eye hand co-ordination and all receiving skills, throwing and catching.
2. **Movement** (30 mins)- this is where we work on the players movement patterns and the co-ordination of movement, with and without the racket.
3. **Technical** (30 mins)- this is where we work on the technical game of the player. this is such an important area of a players progression to being a 'great player'.
4. **Tactical** (45 mins)- this is where we work on the tactical scenarios and explain why certain shot are played in certain scenarios. Also working on the players ability to play matches.

**Hopefully this has explained every session and what is going to be done during it.**

***If you would like to enter a session, please contact Stuart Lovell on 07540 049 867 ASAP, As groups are being decided NOW!***