

JUNIOR TENNIS

Session Guide



Session	Description
Tots Tennis	<ul style="list-style-type: none">• For children aged between 3 – 5 years who will be introduced to the game of tennis through generic ball and racket skills.• These will include; balance, movement, co-ordination and general dexterity exercises introduced through fun games and skills exercises.
Red 1 Orange 1 Green 1 Yellow 1	<ul style="list-style-type: none">• Sessions are mainly basket fed.• The child is taught how to stand – the correct stance, how to serve and how to volley, the technique for both forehand and backhand, and how to move on court.• If your child is unable to get a 5 shot rally from the baseline with a coach, then this is the correct group for them.• These sessions are for beginners to low intermediate players.
Red 2 Orange 2 Green 2 Yellow 2	<ul style="list-style-type: none">• Sessions are trying to teach the child to play with other players.• They will learn how to rally, score in a match and basic tactics.• Your child must be able to rally for 10 shots from the baseline with a coach and 5-6 shots from the baseline with another player of the same ability and age. They must have a good foundation of technique for all shots.• These are for intermediate players.
Red 3 Orange 3 Green 3 Yellow 3	<ul style="list-style-type: none">• Sessions are for children already playing tournaments or matchplays internally and externally to the Club.• They must have an LTA rating. They will practice advanced techniques such as topspin and slice.• They must be able to rally 10 shots from behind the baseline with another player with good technique of forehand and backhand.• These are for advanced players for their age group.
Performance Invitational only	<ul style="list-style-type: none">• These sessions are designed for players who are involved or have the potential to progress into the County programmes and are regularly competing in tournaments.• Sessions will prepare players for tournaments and matchplay, focusing very much on the 4 performance factors – technical, tactical, physical and mental aspects of the game.• Any player invited onto these sessions are playing at the highest level within the club programme and will be invited to play for the club in the team tennis events.