

# Tennis

Pro Tennis, delivered by a suitably qualified and experienced coach includes 6 hours per week of professional tuition that enables students to improve many aspects of their tennis knowledge, technical training, and match play performance.



## COURSE DETAILS 2024

**Centre:** Brambletye,  
Worth, Oundle

**Ages:** 6-17yrs

**Dates:**

Brambletye: 7 July - 10 August

Worth: 30 June - 10 August

Oundle: 1 July - 10 August

**Days:** Mon/Tues/Thurs/Fri

**Levels:**

Beginner

Elementary

Intermediate

Advanced

**Coaching Ratio:**

1 coach per 12 students

**Coaching Time:**

6 hours p/w

**Price:** £275 p/w

Coaching focuses on developing a range of skills and drills, tactics and match play and includes other elements such as nutrition, strength and conditioning and injury prevention.

### OBJECTIVES

- Learn the rules of tennis
- Improve performance in different strokes, reflexes, speed, agility and stamina
- Understand and apply injury prevention techniques
- Improve tactical skills and match play
- Understand the impact of nutrition on performance
- Establish individual performance goals

### OTHER BENEFITS

- Expand tennis-related vocabulary
- Improve fitness, stimulate the heart, improve muscle strength and overall fitness helping to reduce stress and anxiety
- Improve problem solving skills
- Develop 21C skills: creativity, communication, collaboration and critical thinking
- Improve self-confidence



### TECHNICAL TRAINING:

Technical training forms the core part of tennis sessions and helps players develop and improve their performance. This is achieved by perfecting players' positioning, improving shot selection and building greater power into strokes as well as improving consistency. At the beginning of each week, all students are assessed and placed in tennis class groups according to ability.



### MATCH PLAY TRAINING:

This replicates the experience of a real-life game, giving students complete control over their decisions and actions. The sessions include baseline precision drills, with clear tennis goals which can be applied to matches. Students take part in both singles and doubles match play with coaches' input, encouraging tactical knowledge and mental strength.



A minimum number of students is required for the Pro Option to run. If a Pro Option is cancelled a refund will be given.

### STRENGTH AND CONDITIONING WORKSHOP:

Sessions include useful tips on how to prevent common tennis injuries through stretching, specific exercises, and balance work to improve movement patterns.

### NUTRITION:

Sessions include understanding the role that nutrition plays in building and maintaining a healthy heart, muscle strength and overall fitness levels.

### WHAT TO BRING

- Clean trainers
- Tennis racket (can be provided)



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