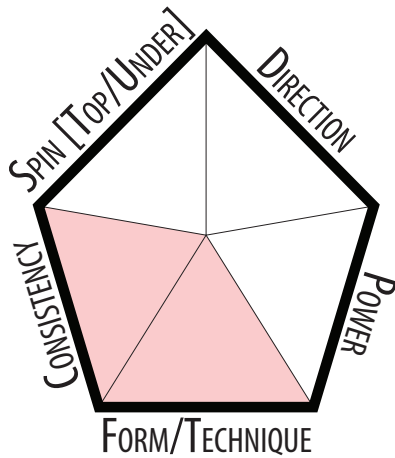


RECREATION

TRAINING OUTLINE [DETAIL]

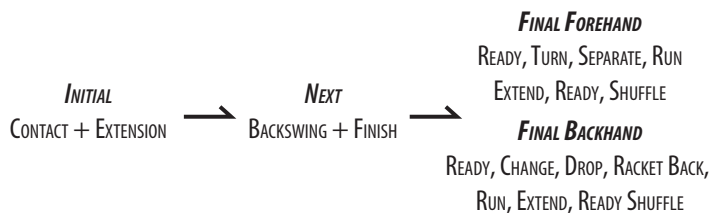


COMPREHENDING – APPLICATION – PROFICIENCY

FORM/TECHNIQUE

A FOUNDATION AND INTRODUCTION TO STROKES IS ESTABLISHED IN THIS DEVELOPMENT STAGE. THE STUDENT BEGINS WITH FIRST STAGES OF STROKE PRODUCTION WITH AN UNDERSTANDING OF GRIPS, STANCE, SWING PATH (FOCUS ON EXTENSION THROUGH CONTACT POINT) MOVEMENT TO THE BALL AND RETURNING BACK TO THE MIDDLE. DOING THIS, ESTABLISHES A VERY STRONG FOUNDATION IN PROPER STROKE MECHANICS WITH ALMOST NO HOLES TO FIX WITH FURTHER DEVELOPMENT. IT'S IMPORTANT TO KEEP THINGS SIMPLE IN THIS PHASE FOR EACH STROKE AND FURTHER DEVELOPMENT OF STROKE PRODUCTION/MECHANICS ONLY WHEN A STUDENT SHOWS ENOUGH PROFICIENCY IN A CURRENT PHASE.

THIS CAN BE OBSERVED WITH THE FOLLOWING FORMAT:



CONSISTENCY

FOR **RECREATIONAL** DEVELOPMENT STAGE, THIS IS VERY SIMPLE. EXECUTE THE RIGHT BEGINNING STEPS FOR ALL STROKES IN A CONSISTENT MANNER WITH FEW ERRORS IN FORM/TECHNIQUE.

DESCRIPTION

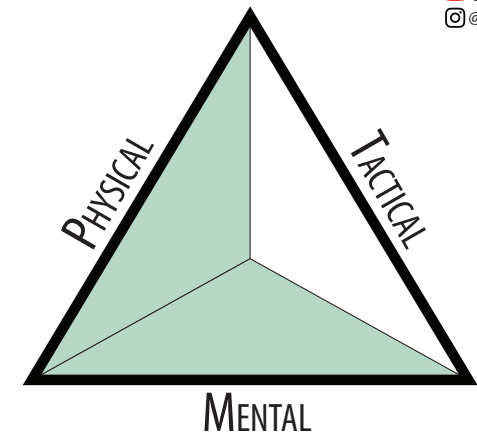
BALL CONTACT FUNDAMENTALS
ESTABLISHING BASIC TECHNIQUES
LEARNING THE SPORT

COMPETITION

GAMES WITHIN PRACTICE
NO MATCH-PLAY

TRAINING DETAILS

THIS LEVEL IS FOR THE PLAYER LOOKING TO LEARN THE BASICS OF THE SPORT. THEY WILL LEARN THE FUNDAMENTAL COMPONENTS OF ALL THE STROKES.



COMPREHENDING – APPLICATION – PROFICIENCY

MENTAL

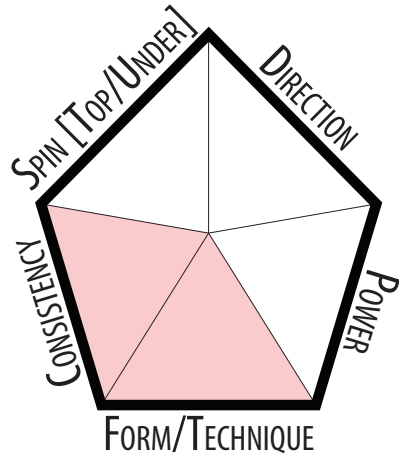
AS WE THINK ABOUT THE SPORT OF TENNIS IN THE BEGINNING STAGES.... IT IS A SPORT IN WHICH THE INITIAL FORMS CAN TAKE SOME TIME TO MASTER. IT TAKES TIME TO LEARN CORRECTLY AND AN INCREMENTAL STEP BY STEP DEVELOPMENT PLAN FOR SUCCESS TO OCCUR LONG TERM. HOWEVER, RESILIENCE AND PATIENCE ARE KEY TRAITS THAT SHOULD BE ESTABLISHED IN THESE FIRST DAYS OF LEARNING. THE CONCEPT THAT REPETITIVE AND CORRECT MOVEMENTS ARE WHAT WILL RESULT IN SUCCESS WITHIN THIS SPORT. STUDENTS WHO EXCEL THE QUICKEST IN THESE STAGES ARE TYPICALLY THE ONES THAT ARE WILLING TO DISCIPLINE THEMSELVES WITH THE RIGHT FORM/TECHNIQUE AND PRACTICE UNTIL IT BECOMES AN ACTION WITHOUT THOUGHT, A BIT AUTOMATIC.

PHYSICAL

THIS IS A VERY UNIQUE PORTION TO DEVELOPMENT OF ALL STAGES AND ACROSS ALL SPORTS. PHYSICAL ABILITIES ARE UNIQUE TO EACH STUDENT AND INCUMBENT UPON THEIR ATHLETIC BACKGROUND IN THEIR YOUTH. HOWEVER, THIS CAN BE CONSIDERABLY DEVELOPED AND TRAINED WITH THE RIGHT ACTIONS. STUDENTS WILL ESTABLISH AN UNDERSTANDING OF WHAT PARTS WITHIN TENNIS MOVEMENTS THEY WILL NEED TO FOCUS MORE ON AND WHAT PARTS THEY ALREADY HAVE A SOLID FOUNDATION OR EXCEL IN. SIMPLE AT-HOME EXERCISES, WORKOUTS, BALANCE/COORDINATION MOVEMENTS AND RUNNING WILL HELP THE DEVELOPMENT PROCESS IN THIS STAGE.

RECREATION

TRAINING OUTLINE [PROCESS]



COMPREHENDING - APPLICATION - PROFICIENCY

Form/Technique
APPLICATION



Consistency
APPLICATION



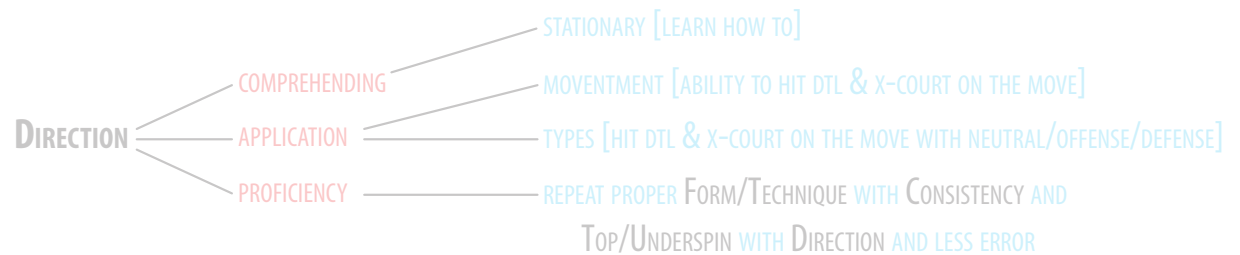
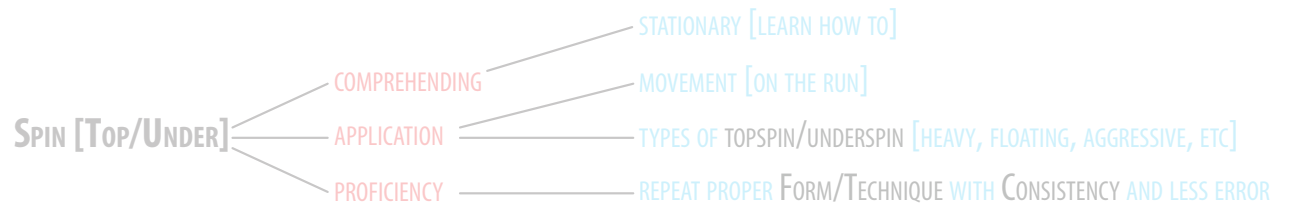
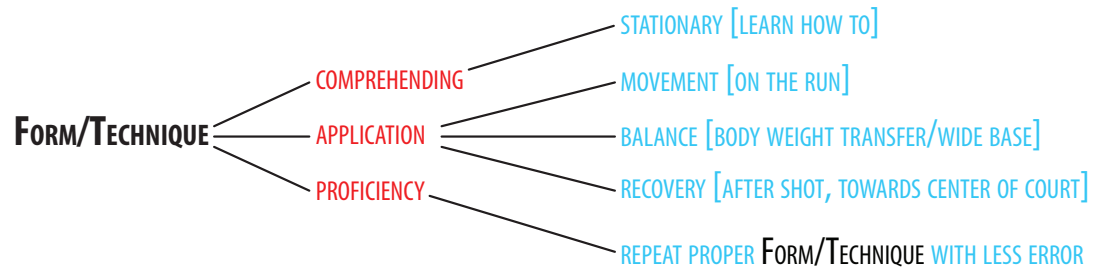
SPIN [Top/Under]



DIRECTION



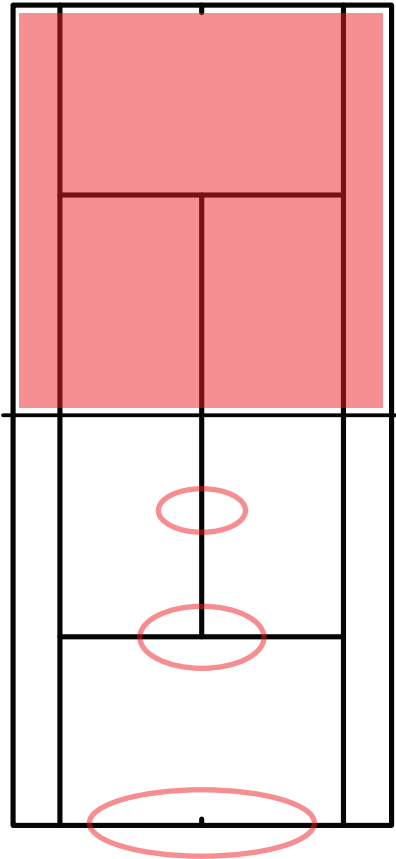
POWER



RECREATION

TRAINING OUTLINE [ACCURACY]

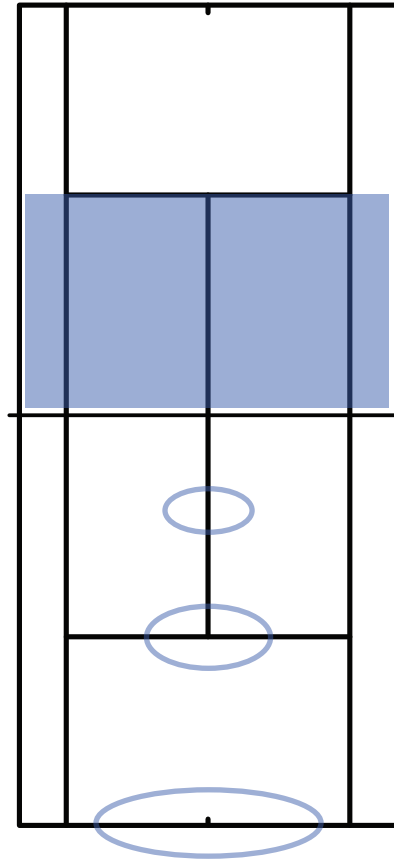
GROUND STROKES



ACCURACY IN THE RECREATION STAGE IS NOT A SIGNIFICANT POINT OF FOCUS AS MUCH AS FORM/TECHNIQUE IS. THE MAIN FOCUS IS FOR THE STUDENT TO GAIN CONFIDENCE FROM HITTING THE BALL OVER THE NET. THIS WILL CHANGE THE **LEARNING POINT** FROM WHERE THE STUDENT BEGINS TO LEARN THE FOREHAND AND BACKHAND GROUND STROKES.

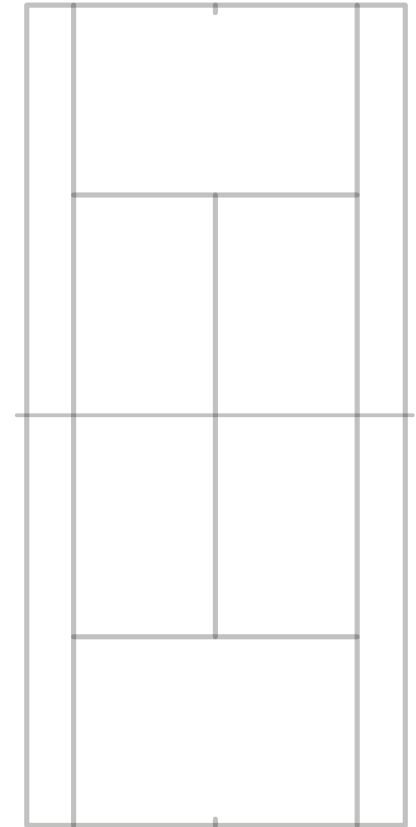
THE **LEARNING POINTS** WILL VARY TO ACCOMMODATE THE STUDENT'S AGE, SKILL LEVEL AND STRENGTH. THE RACKET SIZE WILL CHANGE AS WELL BASED ON THE STUDENT'S ABILITY TO WIELD IT.

SERVES



LOREM IPSUM DOLOR SIT AMET, CONSECTETUER ADIPISCING ELIT, SED DIAM NONUMMY NIBH EUISMOD TINCIDUNT UT LAOREET DOLORE MAGNA ALIQUAM ERAT VOLUTPAT. **Ut** wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. **Duis** autem vel eum iriure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum zzril delenit augue dui dolore te feugait nulla facilisi.

TACTICS



LOREM IPSUM DOLOR SIT AMET, CONSECTETUER ADIPISCING ELIT, SED DIAM NONUMMY NIBH EUISMOD TINCIDUNT UT LAOREET DOLORE MAGNA ALIQUAM ERAT VOLUTPAT. **Ut** wisi enim ad minim veniam, quis nostrud exerci tation ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. **Duis** autem vel eum iriure dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum zzril delenit augue dui dolore te feugait nulla facilisi.