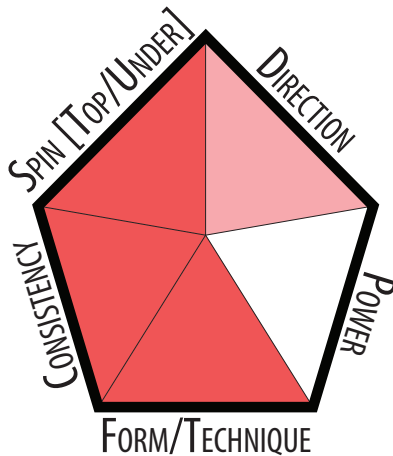


INTERMEDIATE

TRAINING OUTLINE [DETAIL]



COMPREHENDING – APPLICATION – PROFICIENCY

FORM/TECHNIQUE + CONSISTENCY + SPIN [TOP/UNDER]

THE STUDENT IS NOW AT A STAGE WHERE THEY SHOULD BE ABLE TO APPLY CORRECT FORM/TECHNIQUE WITH CONSISTENCY AND TOPSPIN. ALL STROKES CAN BE RELIED UPON AND APPLIED CORRECTLY FROM ALMOST ANY LOCATION ON THE COURT. FROM SERVING TO BASELINE PLAY AND BASELINE TO NET PLAY. IN IT'S ENTIRETY, THIS INCLUDES ALL OF THE FOLLOWING:

- 1) OFFENSE, DEFENSE AND NEUTRAL + HEIGHT VARIATION BASED ON LOCATION
GROUND STROKES FROM THE BASELINE
- 2) OFFENSE, DEFENSE AND NEUTRAL + DEPTH, ANGLE AND DROP
VOLLEYS AT THE NET
- 3) RELIABLE SLICE SERVE + VARIATION WITH SPEED/SPIN FOR 1ST/2ND
ON DEUCE AND AD SIDE

DIRECTION

DIRECTIONAL CONTROL BECOMES A SIGNIFICANT FACTOR IN THIS DEVELOPMENT STAGE. THE STUDENT IS NOW SETTING THEMSELVES APART BY PROPER APPLICATION OF ALL STROKES AND GAINING ADVANTAGE IN POINT/MATCH PLAY BY IMPROVING THEIR ABILITY TO CONTROL DIRECTION OF THEIR SHOTS. THE STUDENT WILL DISCOVER WHICH SHOTS HAVE GREATER CONTROL THAN OTHERS AND WILL LEAN TOWARDS MAXIMIZING THIS SHOTS POTENTIAL AS A **CONTROL/DICTATING** ELEMENT OF THEIR GAME.

DESCRIPTION

INTERMEDIATE FUNDAMENTALS INTRODUCED
CONSISTENCY AND POINT-PLAY ESTABLISHED
INTRODUCTION TO MATCH-PLAY WITH
SINGLES AND DOUBLES TRAINING

COMPETITION

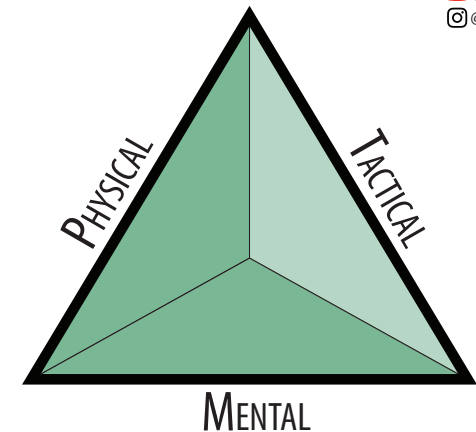
INTERMEDIATE/SITUATIONAL
GAMES DURING PRACTICE
MATCH-PLAY DURING PRACTICE

TRAINING DETAILS

BASIC FUNDAMENTALS ARE ESTABLISHED AND
ADVANCED TECHNIQUES ARE INTRODUCED.

POINT-PLAY PATTERNS ARE INTRODUCED AND
CONSISTENCY WITH TOPSPIN IS THE MAIN
FOCUS FOR PROPER EXECUTION IN
POINT-PLAY.

MATCH-PLAY IS INTRODUCED FOR SINGLES
AND DOUBLES. LEARNING SCORING AND
HOW TO COMPETE IN PRACTICE SETS OR
PARTIAL SETS.



COMPREHENDING – APPLICATION – PROFICIENCY

MENTAL + PHYSICAL

POINT CONSTRUCTION AND **PATTERNS OF PLAY** ARE INTRODUCED AND BECOME A SIGNIFICANT PORTION OF PRACTICE TIME. BOTH CONCEPTS REQUIRE DISCIPLINE AND PERSISTENT PRACTICE WITHIN THE MENTAL + PHYSICAL PARTS OF TRAINING. LIGHT-MEDIUM FITNESS ROUTINES ARE INTRODUCED AT THIS TIME TO INCREASE PHYSICAL LIMITS. THE COMBINED INCREASE IN MENTAL + PHYSICAL ABILITY RESULTS IN TACTICAL AWARENESS. HOWEVER, BUILDING THE CORRECT FOUNDATION FOR TACTICS IS STILL THE PRIORITY. **THUS, GAINING MENTAL FORTITUDE + PHYSICAL RESILIENCE ARE MORE IMPORTANT THAN INCREASING TACTICAL AWARENESS.**

TACTICAL

TENNIS PLAYERS BEGIN TO UNDERSTAND FOUNDATIONS OF **POINT-CONSTRUCTION** AND **PATTERNS OF PLAY**.

POINT CONSTRUCTION

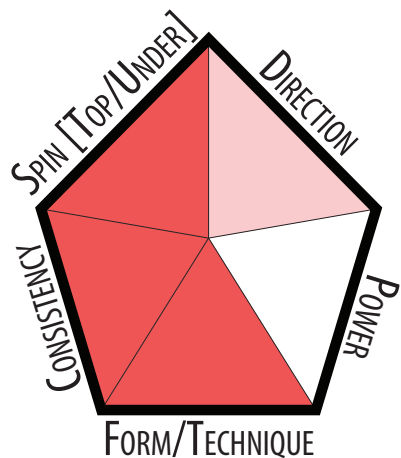
POINTS, BY NATURE, REQUIRE A COMBINATION OF SHOTS IN A MANNER TO GAIN AN ADVANTAGE AND CREATE SUCCESSFUL OPPORTUNITIES.

PATTERNS OF PLAY

PATTERNS ARE UNIQUE TO EACH PLAYER. THEY ARE A RESULT OF THE COMPLIMENTARY RELATIONSHIP BETWEEN ONE'S PHYSICAL ABILITIES AND THEIR **CONTROL/DICTATING** SHOT.

INTERMEDIATE

TRAINING OUTLINE [DETAIL]



COMPREHENDING - APPLICATION - PROFICIENCY

FORM/TECHNIQUE

APPLICATION



CONSISTENCY

APPLICATION



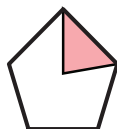
SPIN [TOP/UNDER]

COMPREHENDING

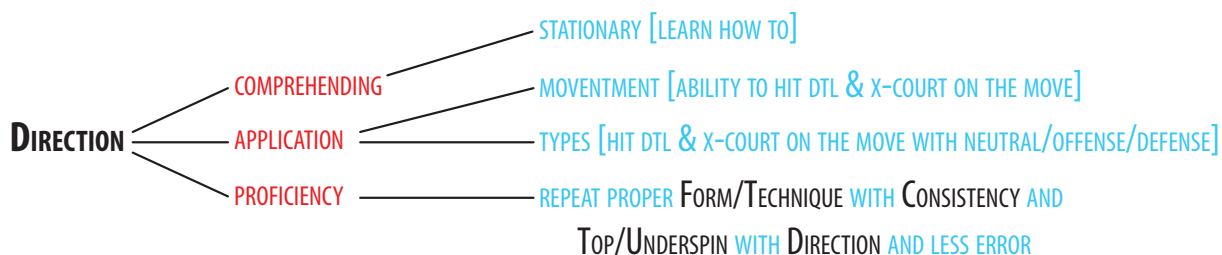
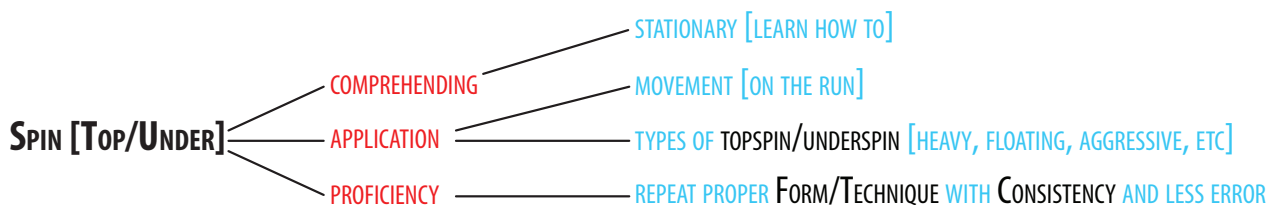
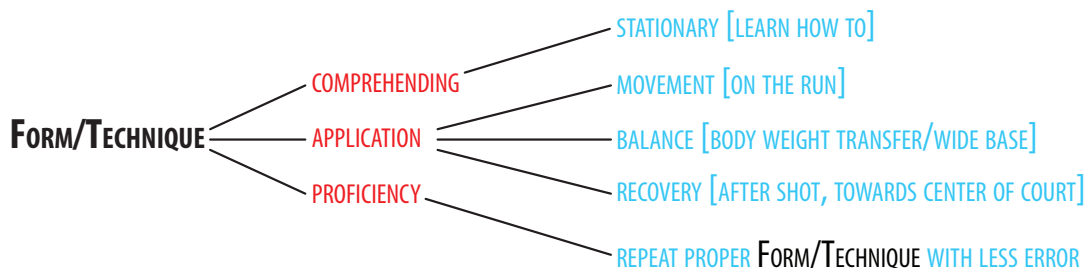


DIRECTION

COMPREHENDING

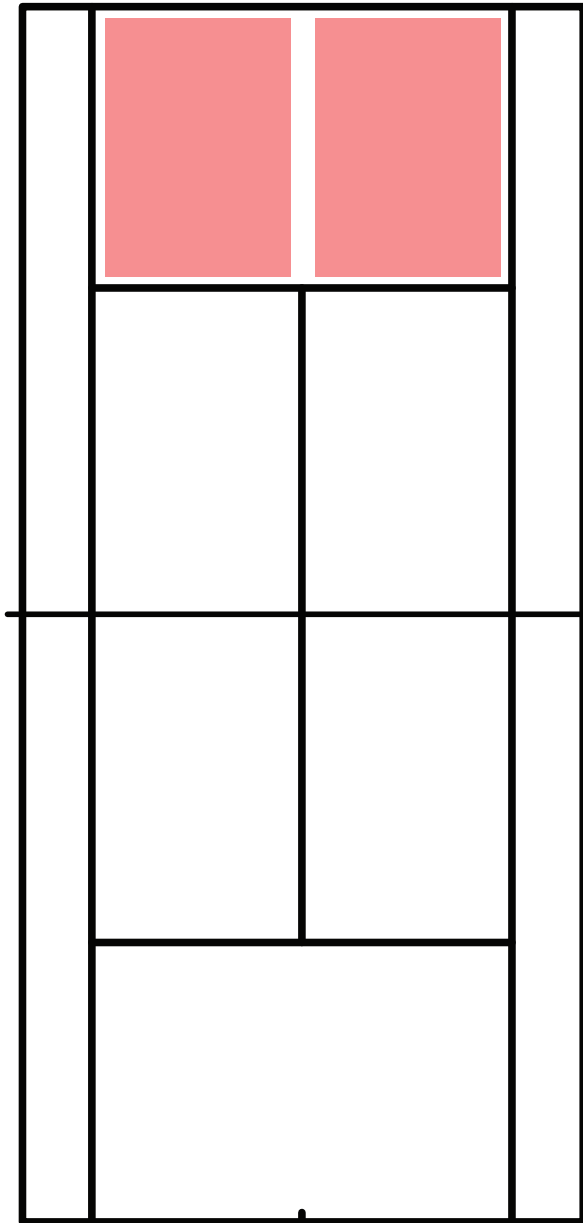


POWER

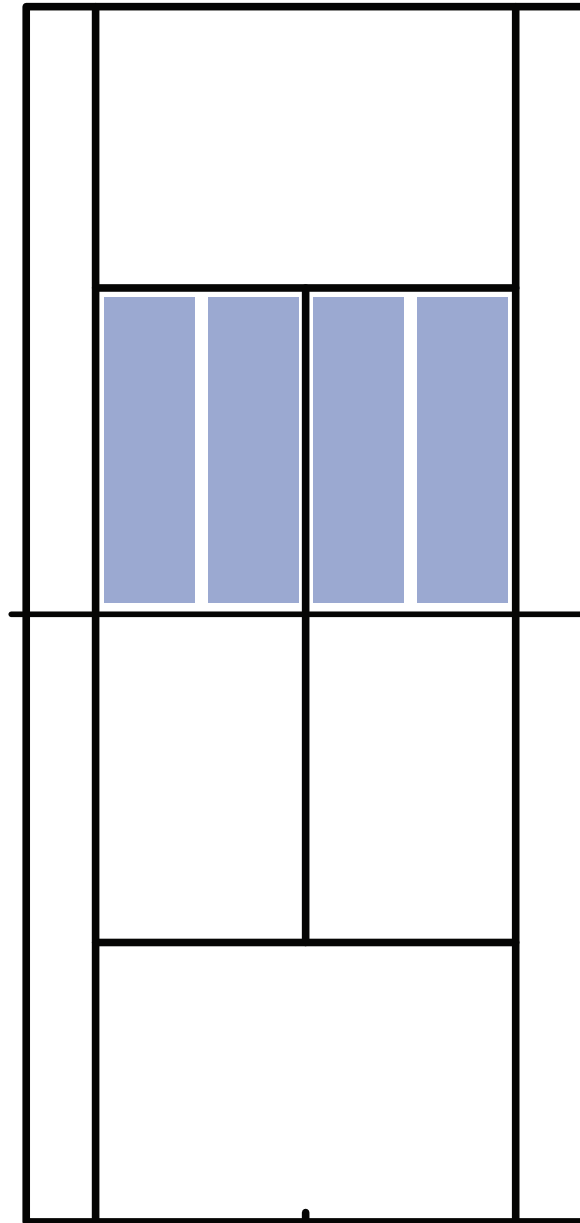


INTERMEDIATE

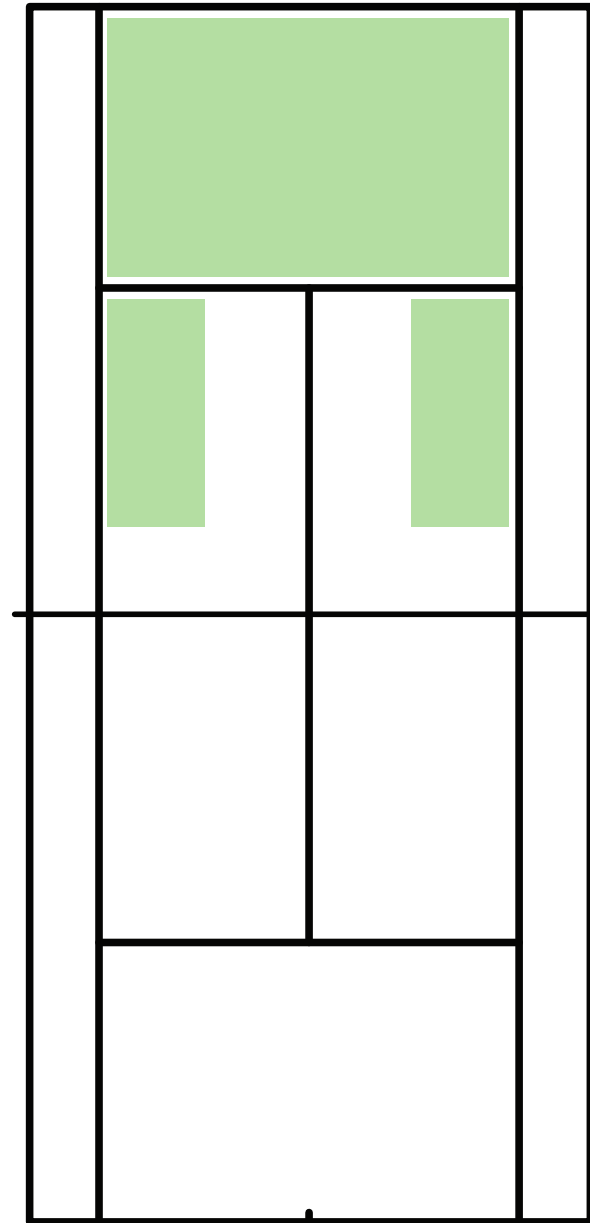
TRAINING OUTLINE [DETAIL]



GROUND STROKES



SERVES



TACTICS