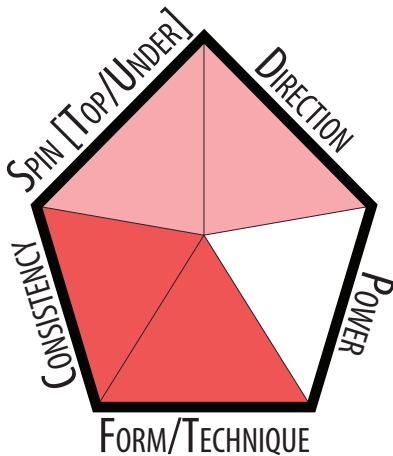


BEGINNER

TRAINING OUTLINE [DETAIL]



COMPREHENDING - APPLICATION - PROFICIENCY

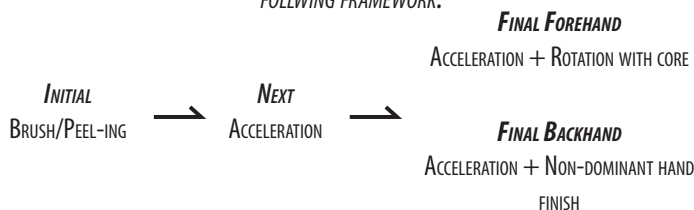
Form/Technique + Consistency

As the introduction to the strokes is completed, grips, stance, swing path and movement are becoming automatic for the student and they are able to do so consistently. Open stance forehand is introduced in this stage if necessary.

The focus starts to shift towards initial stages of topspin and direction.

SPIN [Top/Under]

An understanding of how to create and apply topspin is introduced within the following framework:



DIRECTION

A basis of directional control is introduced to the student. The importance of extension of the stroke is established to focus on depth and familiarizing the forehand with pushing forward to targets with the palm. On the backhand it becomes an understanding of the non-dominant hand becoming more dominant on the stroke with a conversion of 90[non-dominant] - 10[dominant]

DESCRIPTION

BEGINNER FUNDAMENTALS INTRODUCED
MOVEMENT/POINT-PLAY INTRODUCED
UNDERSTANDING SCORING & BASIC
BALL DIRECTIONALS

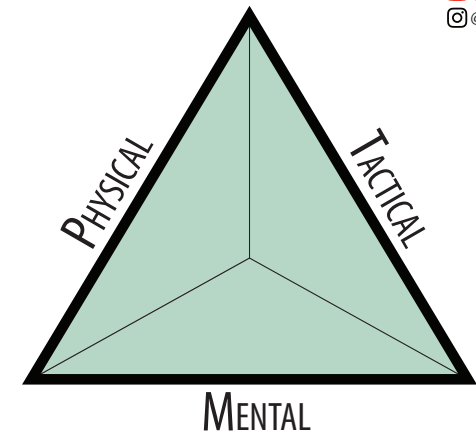
COMPETITION

GAMES WITHIN PRACTICE
No MATCH-PLAY

TRAINING DETAILS

At the BEGINNER stage of tennis, the fundamentals of all strokes are established and player is seeking to develop consistency and proficiency with all strokes.

INTRODUCTION TO HITTING ACROSS THE NET
IN COOPERATIVE MANNER AND GAMES
INVOLVING SOME RALLIES AND BALL
DIRECTION.



COMPREHENDING - APPLICATION - PROFICIENCY

MENTAL

The student now starts to dive deeper into resilience within the first two stages of development. Form/Technique and Consistency are now at the application state which means a student is able to call upon the right method of hitting most shots in a given moment. They are able to do this consistently and with confidence. This allows the student to grow in confidence and stroke reliance.

PHYSICAL

Overall, abilities in this "Limit" of tennis start to become apparent with strengths and opportunities for improvement. As a student becomes more consistent, they start to experience their limits on:

1) SHOT TOLERANCE 2) FATIGUE 3) ENDURANCE 4) RESPONSE TO SWEAT LOSS

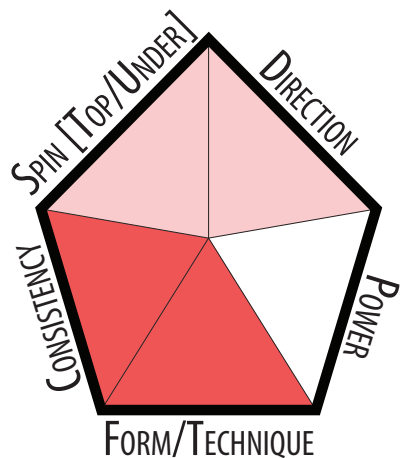
These start to form a path to future physical improvements.

TACTICAL

Overall, abilities in this "Limit" of tennis begin here. Essentially in this stage of development a student will start to experience points and pressure of competition. It should begin in a light and fun manner that allows the student to understand what competition is like and how it feels to play points.

BEGINNER

TRAINING OUTLINE [DETAIL]



COMPREHENDING - APPLICATION - PROFICIENCY

FORM/TECHNIQUE

APPLICATION



CONSISTENCY

APPLICATION



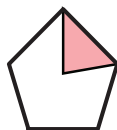
SPIN [TOP/UNDER]

COMPREHENDING

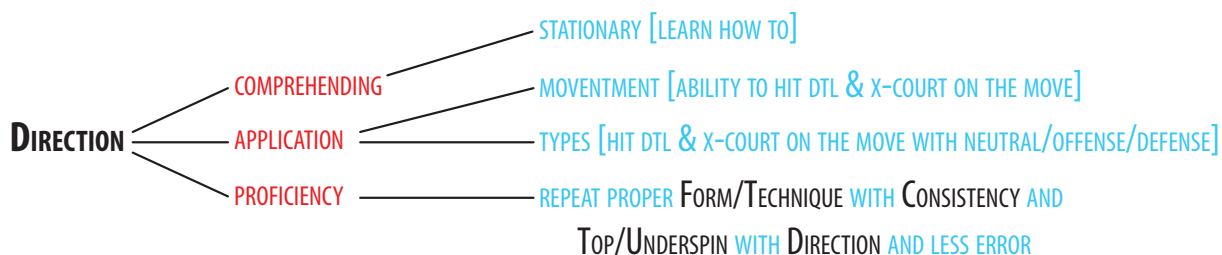
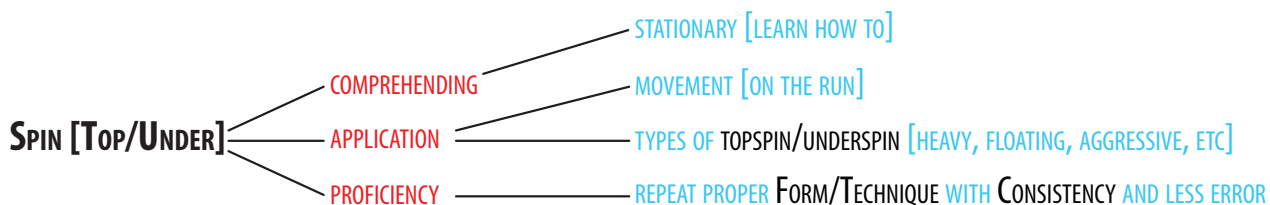
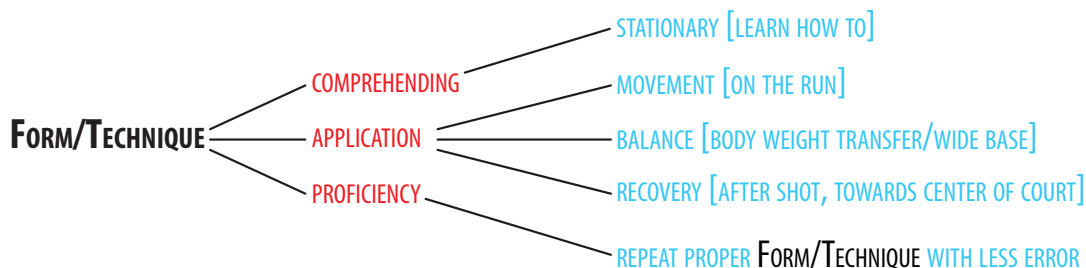


DIRECTION

COMPREHENDING

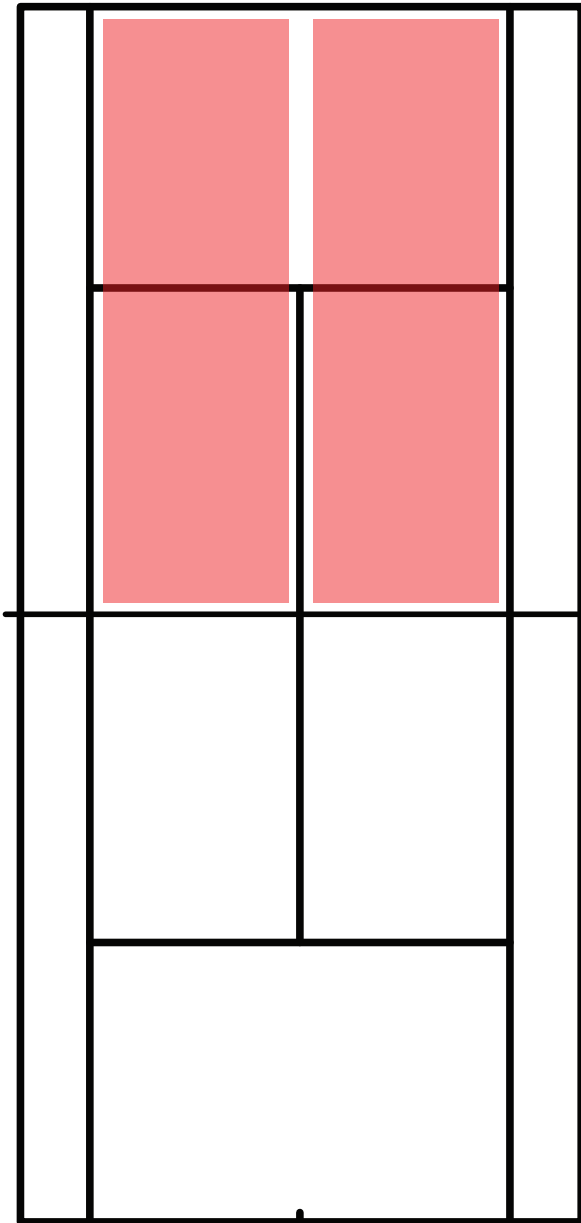


POWER

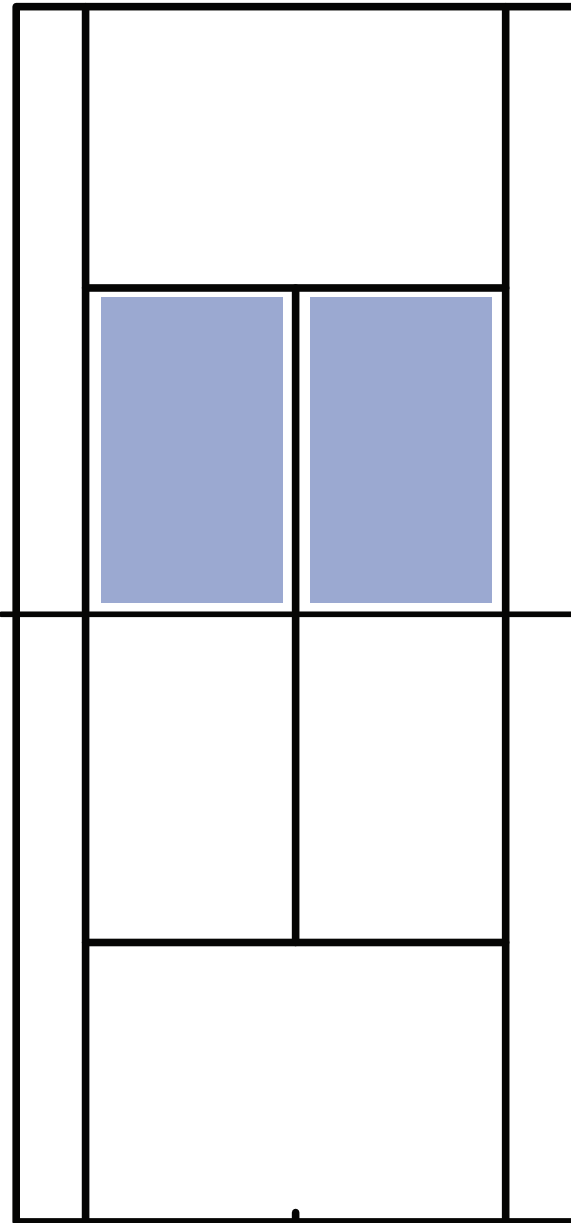


BEGINNER

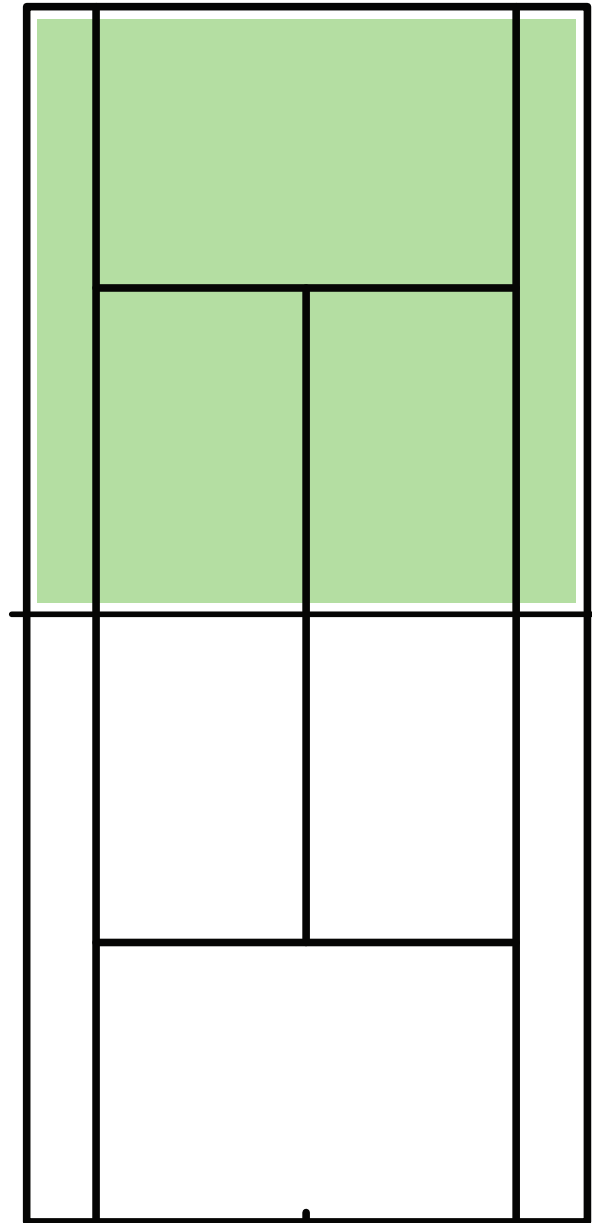
TRAINING OUTLINE [DETAIL]



GROUND STROKES



SERVES



TACTICS