

TENNIS ACADEMY

TENNIS PROGRAM (Ages 10+)



PROGRAM SYNOPSIS

Welcome to the Tennis Academy Program, where young tennis players aged 10 and above will take their game to new heights! This 7-week program is designed to prepare you for high school varsity or competitive tennis by focusing on advanced techniques, tactical thinking, and mental resilience. We will help you refine your skills, elevate your performance, and develop the mindset of a true pro player. Get ready for an intense and rewarding journey that will set you on the path to tennis excellence!

Hurry and secure your spot now, as we have limited the Tennis Academy program to only 4 players per day. This exclusivity ensures each participant receives personalized and professional attention, allowing us to focus on individualized coaching and tailored development plans for their unique strengths and areas of improvement. Availability is limited, and once the spots are filled, there may not be another chance to join this elite tennis experience. Don't miss out on this opportunity to elevate your game!

PROGRAM OBJECTIVE

The primary objective of the Tennis Academy Program is to elevate your tennis game to a competitive level, preparing you for high school varsity or competitive play. Throughout the 7 weeks, we will focus on refining your technical skills, enhancing your strategic thinking, and fostering mental toughness. By mastering the yellow ball, you will gain the confidence and proficiency needed to excel in the world of competitive tennis.

WHAT TO EXPECT:

- **Advanced Skill Development:** Expect to refine your strokes, footwork, and net play, taking your game to a higher level.
- **Tactical Training:** Develop strategic thinking and learn to outmaneuver opponents through singles and doubles positioning and shot selection.
- **Mental Resilience:** Strengthen your mental toughness and focus during matches, empowering you to stay composed under pressure.
- **Competitive Match Play:** Engage in intense match simulations and participate in a challenging Yellow Ball Tournament, showcasing your progress and competitive spirit.



DATES & TIMES

SESSION 2 (APRIL 8th - MAY 26th of 2024)

Wednesday's

- April 10th: 4:30 pm to 6:00 pm
- April 17th: 4:30 pm to 6:00 pm
- April 24th: No Class (Passover)
- May 1st: 4:30 pm to 6:00 pm
- May 8th: 4:30 pm to 6:00 pm
- May 15th: 4:30 pm to 6:00 pm
- May 22nd: 4:30 pm to 6:00 pm



WEEKLY PLAN

WEEK 1: Technical Proficiency

Objective: Establish a solid technical foundation and refine your strokes.

- Work on perfecting forehand and backhand techniques with an emphasis on consistency and power.
- Develop a reliable and versatile serve, incorporating different spins and placement.
- Enhance your volley skills, mastering net play and quick reflexes.
- Footwork and court movement drills to improve speed and agility

WEEK 2: Tactical Awareness

Objective: Develop tactical understanding and strategic thinking.

- Explore singles and doubles positioning, learning to control points from different areas of the court.
- Study opponents' playing styles and weaknesses to formulate effective match strategies.
- Emphasize shot selection based on court position and opponent's positioning.
- Participate in competitive drills with an emphasis on applying tactical knowledge.
- Foster communication and teamwork in doubles match simulations.
- Video analysis of all ground strokes and service motion.

WEEK 3: Tactical Strategies

Objective: Enhance tactical strategies and a game plan to implement during matches.

- Practice patterns play and specific game scenarios to develop a deep understanding of effective strategies.
- Explore offensive and defensive strategies, learning when to attack and when to defend during points.
- Participate in team-based tactical challenges to apply strategic thinking in a competitive environment.



WEEKLY PLAN

WEEK 4: Fitness and Endurance

Objective: Build endurance and consistency for competitive play.

- Work on conditioning drills to improve overall fitness and recover quickly between points.
- Focus on footwork and movement patterns to maximize court coverage.
- Consistency and repetition-based drills focusing on technique, lateral movement, crossover step, and diagonal movement to have a better understanding on how to be effective with your positioning and movement.
- Coordination drills to enhance the abilities of the players.

WEEK 5: Advanced Match Play

Objective: Apply learned skills and strategies in real-match scenarios.

- Engage in competitive singles and doubles match play against peers.
- Analyze match performances and identify areas for improvement.
- Receive personalized feedback and coaching during match simulations.
- Emphasize mental resilience, positive attitude, and tactical execution during competitive play.

WEEK 6: Performance Optimization

Objective: Fine-tune your game for peak performance.

- Refine technical skills with targeted drills to achieve consistency and precision.
- Develop a pre-match routine to mentally prepare for competitive play.
- Practice simulated pressure situations to enhance decision-making and execution.

WEEK 7: Culminating Event - Tennis Academy Tournament

Objective: Showcase your progress and compete in a challenging tournament.

- Participate in a competitive tournament with fellow participants.
- Demonstrate improved technical skills, tactical awareness, and mental resilience.
- Celebrate your achievements and receive recognition for your dedication and growth.
- Post-tournament analysis and reflection on the overall program experience.
- Goal setting and action plans for continued progress beyond the program.
- Award ceremony and diploma presentation to honor your commitment to tennis excellence.



Goals

- Demonstrate mastery in advanced stroke techniques, including forehand, backhand, serve, and volley, with consistency and precision.
- Exhibit strategic thinking and tactical awareness, showcasing the ability to implement effective game plans and adjust strategies during matches.
- Possess mental resilience and focus, staying composed under pressure and maintaining a positive mindset throughout competitive play.
- Showcase improved physical fitness, agility, and endurance, allowing for optimal court coverage and quick reaction times.
- Illustrate sportsmanship and respect for opponents, officials, and fellow players, reflecting the true spirit of the game.

Conclusion

Throughout this exclusive program, limited to only 4 players per day, you will receive personalized and professional attention from our expert coaches. Each participant's unique strengths and areas of improvement will be carefully addressed through individualized coaching and tailored development plans. Our rigorous training will enhance your technical proficiency, strategic prowess, and mental fortitude, empowering you to overcome any challenges that overcome your way on the court.

