



TENNIS STARS

TENNIS PROGRAM (Ages 10+)

PROGRAM SYNOPSIS

The Tennis Stars Tennis Program is thoughtfully designed for tennis enthusiasts aged 10 and above, whether they have already established fundamental tennis skills or are looking to build them. This 7-week program is structured to bolster participants' foundation, focusing on technique enhancement, strategic thinking, and immersive match play. With an introduction to the "green ball," designed for better control and skill development, participants have the option to begin or progress their journey in tennis. Depending on skill levels, the curriculum may utilize the green ball or transition to the yellow ball. Through engaging drills, tailored exercises, and dynamic match simulations, the program aims to instill a passion for tennis, elevate overall performance, and set the stage for advanced competitive play.

PROGRAM OBJECTIVE

The primary goal of the Tennis Stars Program is to empower players to advance their skills, creating a strong base for competitive play. The curriculum will focus on refining footwork, strokes, tactical thinking, and sportsmanship. The introduction of the green ball will smooth the transition from beginners to intermediates.

WHAT TO EXPECT:

- Participants will develop exceptional control and skill with the green ball, building a strong foundation for more advanced play, while having a lot of fun on the court.
- Expect engaging and innovative drills and exercises tailored to enhance technique, footwork, and strategic thinking, boosting overall performance.
- The program features high-intensity match simulations, where players get a taste of competitive play and gain valuable experience in real match scenarios.
- A culminating event where participants can demonstrate their skills and receive their progress.



DATES & TIMES

SESSION 1 (FEBRUARY 19th - APRIL 7th of 2024)

Tuesday's

- April 9th: 4:30 pm to 6:00 pm
- April 16th: 4:30 pm to 6:00 pm
- April 23rd: No Class (Passover)
- April 30th: No Class (Passover)
- May 7th: 4:30 pm to 6:00 pm
- May 14th: 4:30 pm to 6:00 pm
- May 21st: 4:30 pm to 6:00 pm

Thursday's

- April 11th: 4:30 pm to 6:00 pm
- April 18th: 4:30 pm to 6:00 pm
- April 25th: 4:30 pm to 6:00 pm
- May 2nd: 4:30 pm to 6:00 pm
- May 9th: 4:30 pm to 6:00 pm
- May 16th: 4:30 pm to 6:00 pm
- May 23rd: 4:30 pm to 6:00 pm



WEEKLY PLAN

WEEK 1: Foundation Building

Objective: Establish a solid technical foundation to build upon throughout the program.

- Mastering proper grips and stances for groundstrokes.
- Focusing on footwork, coordination, and balance to improve court coverage.
- Perfecting forehand and backhand techniques with control.
- Engage in live ball games and fun activities while refreshing the fundamentals.

WEEK 2: Advanced Techniques

Objective: Enhance techniques and shot selection to have all the assets needed to be successful.

- Develop topspin and slice shots with drills and live ball exercises.
- Learn about approach shots and net play with a focus on targeting and positioning.
- Explore tennis strategy and shot selection through fun activities.

WEEK 3: Advanced Techniques - Part 2

Objective: Develop a reliable serve where you get to finesse your stance, technique, and different spins.

- Serving with more power and accuracy by having targets, and technique refinement exercises.
- Work on the service technique and the different spins that you can generate.
- Usage of the legs to gain more power and accuracy when serving.
- Explanation of the two types of serve stances: platform and pinpoint serve.
- Games and activities where we put all this to work in a competitive environment.

WEEK 4: Consistency & Match Play

Objective: Refine your technique and consistency while strengthening your mental toughness and focus on a competitive environment.

- Engage in live ball drills to maintain consistent technique, footwork, and accuracy.
- Play rally games to emphasize the importance of consistency in shots.
- Participate in target drills to improve shot accuracy.
- Compete with your friends in match-play scenarios.



WEEKLY PLAN

WEEK 5: Mastering the Net Game

Objective: Enhance shot selection, positioning, and volley technique.

- Focus on volley and overhead technique with fun drills and exercises.
- Learn about effective approach shots and net positioning with games focusing on it.
- Develop quick reactions and decision-making at the net while having a great time.

WEEK 6: Match Play and Fun Challenges

Objective: Enhance the participant's confidence and tennis skills with drills and interactive activities.

- Focus on keeping improving the fundamentals of tennis techniques, including forehand, backhand, volley, and serve, through targeted drills and exercises.
- Incorporate games and activities in a dynamic and competitive scenario.
- Prepare them for the showcase event.
- Reinforce the value of good sportsmanship and respect for opponents.

WEEK 7: Culminating Event - Showcase Rising Stars

Objective: Celebrate their achievements by showcasing their progress made throughout the program

- Participants will compete in a competitive tournament showcasing their progress and skills.
- Parents and family members are invited to watch and support the Rising Stars.
- Awards and recognition will be given to celebrate each participant's growth and accomplishments.



Transition

Tennis Stars (Green Ball) to Tennis Academy (Yellow Ball)

- Consistent groundstrokes and technique (ability to rally for 15 shots on both the forehand and backhand sides without missing).
- Display the ability, efficiency, and confidence to approach the net, hit good volleys and overheads.
- Efficient and consistent service with accuracy.
- Match play experience and tactical awareness.
- Ability to hit topspin, flat, and slice with the groundstrokes and serves.
- Ball placement and control.
- Ability to master angles, drop shots, and lobs in a consistent and effective way.

Conclusion

The Tennis Stars Tennis Program offers an extraordinary opportunity for young athletes aged 10 and above to ignite their tennis passion and rise as true stars on the court. Join us on this exciting 7-week adventure, where expert coaching, advanced techniques, and friendly competition await. Beyond tennis skills, participants will develop essential life qualities like mental toughness, teamwork, and sportsmanship. Sign up now, and together, we'll unlock your potential and set you on a path to becoming a shining Tennis Star! Enroll today and witness your transformation into a true tennis sensation!

