

Tennis World – Academy Term 4, 2011



Term 4 Dates Monday October 10 – Friday December 16

Players – remember Jamie’s mantra “Do your best – EVERY DAY”

ATTITUDE is EVERYTHING - Maximum intensity every session – 100% effort
2011 has already delivered some real success stories from many of our Academy players . Let’s keep the momentum!

On time, every time with all gear please.

This includes having spare rackets, drink bottles, towel, skipping rope, cap etc. Players be *prepared to play* at 4.30PM (or 6.30PM). Players arriving late for Academy sessions will still be expected to complete a full warm up in the pedestrian walkway behind the indoor courts. *Please call to let the coaches know you are late or not attending. (Pro Shop 9914 4133 or 1300TENNIS)*

Academy Matchplay

David Kortum will be taking matchplay this term. He is a very positive coach, and full of great match day strategies. Please utilize this part of your program. Sessions are from 1PM to 4.00PM on Saturdays.

Term 4 training themes

The term 4 programme has been tailored toward building a solid foundation for continued player development. We will be covering technical, tactical, physical and strategic elements of play.

Week 1 Rhythm

Warm up All players to be active participants in the warm-up.

Ground strokes – Volume hitting baseline to baseline. Consistency & Rhythm

Cool Down

Week 2 Baseline to baseline x-court

Warm up

Groundstrokes, X-court patterns, ½ court + a metre, ½ court x-c points

Cool down

Week 3 Transition to net / Netplay

Warm up

Transition to Net, approach shots, transitional volleys, volleys, smashes, passing shot drills

Serve and volley points.

Cool down

Week 4 Serve and return

Warm up .

Serve & Return – 1st Serve / Defensive return, 2nd Serve / Attacking return

Emphasis on compact swing when required & preparation (forward movement with split step) @nd serve return emphasis on aggressive intent, feet and target areas & preparation

Cool down

Week 5 Workout. Push the boundaries.

Warm up

Challenge athletes with intensity, 2 on 1 drills, Tennis Workout drills

Doubles points

Week 6 Speciality shots – lobs / passes / backhand slice

Warm up.

Technical talk, demonstrations, practical advice when to use etc

Tactical awareness and decision making. Points

Cool down.

Week 7 Defense

Warm up

Challenging feeds, heavy loops, cross court, slice backhands, lobs

Emphasis on competitive spirit, "whatever it takes" "blood on the knees" attitude

Cool down

Week 8 Offense – developing weapons.

Warm up

Spanish feeders, 2 ball drill, inside out forehands

Emphasis on feet, rotation and racket speed – early set-up, change of direction,

Cool down

Week 9 Tactical awareness, shot selection.

Warm up

Tactical awareness, decision making, shot selection, based on players game style.

Week 10 Points

Tournament tough - Strategic and competitive advice with all forms of point play, routines, recovery.

Cool Down

For all Academy bookings, or private lessons, call 1300TENNIS

Or Jamie or Brent on 9914 4133

Athletes - 100% Professional attitude.

On time, every time, with all gear (spare rackets, drink bottle, towel etc)

Maximum effort every time

Attitude is everything - High Intensity expected from all.

For tournaments and matchplay

BE PREPARED Warm up thoroughly, all gear packed, rackets strung etc

Accept the challenge, challenge yourself, rise to the occasion.

Develop good routines - use the time between points. Think. Act. Do.

When waiting for their turn to hit players must be focusing on strings.

Remain calm - neutral body language - people walking past should not be able to tell if you are winning or losing.

Believe in yourself and your game plan.

Be gracious in both victory and defeat.