



EG TENNIS COACHING PROGRAMME PATHWAY

We pride ourselves on taking a game-based approach to teaching tennis. This means that we teach HOW TO PLAY THE GAME as well as how to play the shots. A game-based approach means children will not only learn tennis skills (technique, tactics, mental and physical conditioning), but also life skills such as teamwork, sharing, sportsmanship, rules and goal setting.

EG Tennis Coaching approach is through learning and the pathway we have illustrated can develop your child to reach their full potential.

OUR GOALS

- County tennis player
- Top club player
- Professional tennis coach
- Team school player
- Assistant tennis coach/Apprenticeship

Advanced/Tennis Team Squads

Squads are done on invitation only. A tennis coach will do an assessment on the player to decide if eligible for the squads.

JUNIORS GROUPS (Intermediate) 11YRS +

This is played on a full-sized court using a normal tennis ball. Juniors is the final stage of our Coaching Programme and is aimed at ages 10+. Players will enhance their techniques that they have previously in earlier courses and will also be taught:

- Match play tactics (singles & doubles)
- Sharpening up on techniques
- Competitive play
- Working on fitness

JUNIORS GROUPS (Advanced) 11YRS +

This is played on a full-sized court using a normal tennis ball. Junior Giants is the final stage of our Coaching Programme and is aimed at ages 10+. Players will enhance their techniques that they have previously in earlier courses and will also be taught:

- More advanced match play tactics (singles & doubles)
- Game styles, both their own and their opponents (attacking base-liner, counter puncher, serve and volleyer, etc..)
- How to identify and effectively play against an opponents strengths and weaknesses

