

EG TENNIS COACHING CLUB PROGRAMME PATHWAY

CLUB COACHING 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.

How do children move on to the next level?

The Head Tennis Coach will let you know which group is most suitable for your child after their first session.

Movement to the next level/group is based on the tennis coaches recommendation.

It is in everyone's interest that ability levels don't vary too much within the same group. Success at each level depends on how often your child is playing tennis and whether they have accomplished the core skills necessary in that level.

OUR GOALS

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



BLUE YOUTH 4-6YRS

Throughout the course the children will begin to learn and develop:

- Hand-eye co-ordination
- Teamwork
- Sharing and sportsmanship
- Basic movement and balancing skills
- How to hold a racquet
- Throwing, catching, aiming and rolling

Parents can ask the coach to be involved if needed.

RED YOUTH 1 & 2 5-8YRS

Played across the width of a normal tennis court using specially adapted nets and red low compression balls. The court size and ball used is ideal for ages 5-8 to gain quick success and enjoyment.

Throughout the course the children will learn the following:

- Names of all the lines on the court
- The basic swing shapes for the forehand, backhand & volleys
- How to throw a ball & in the process develop a basic service action
- Develop sending and receiving skills through throwing & catching
- Basic understanding on how to control the ball
- How to do simple scoring

ORANGE YOUTH 1&2 7-9YRS

This is played on a 3/4 length court using an orange low compression ball. Coaches will expand on what was taught in the RED group plus develop the following:

- Movement around the court
- Hitting Zones (Getting into the right position to play the shot)
- Consistency on hitting cross court and down the line from both inside the service boxes and from the 3/4 orange court baseline
- Simple tactics on how and where to rally, attack and defend

JUNIORS/YELLOW YOUTH 1&2 10YRS +

This is played on a full-sized court using a normal tennis ball. Junior Giants is the final stage of our After School 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

GREEN YOUTH 9YRS +

This is played on a full court using a green low compression ball. Coaches will further develop what each player has been taught in the ORANGE group, as well as improving their skills in the following:

- How to produce and deal with spin
- Consistency and control (on all shots)
- How to cope with a bigger court and higher bounce
- How to use the bigger court to win points (more advanced tactics)