

TENNIS COACHING

Adult Group Lessons: 24th February – 1st April 2020
All Courses €90 for members / €110 for non-members

Mondays **6 sessions: Starting 24th February to 30th March**

@ 7pm **Beginners: Learn the Basics**

Ideal for players new to the game of tennis as well as for those looking to refresh their technique. This course will introduce/refresh players to the technical elements used for the main shots in tennis i.e. groundstrokes, serve, and volleys. Each session will focus on a specific area of technique.

Tuesdays **6 sessions: Starting 25th February to 31st March**

@ 7pm **Improvers: Introduction to Doubles Play**

Introducing improver level players to the basics of good doubles play, court positioning for doubles, as well as improving technique on the main shots used in doubles. The course will also introduce players to basic doubles strategy and tactics.

@ 8pm **Intermediate: Advanced Doubles Play**

This course will introduce players to more advanced doubles play. Topics covered during the course will include doubles tactics for offensive, defensive and counter attack play, as well as serve and volley and serving formations.

Wednesdays **6 sessions: Starting 26th February to 1st April**

@ 7pm **Improvers: Next Level Shots**

This course will introduce players to the next level of shot making and is an ideal follow on course for beginners. Shot selection options for attack, defence, and counter attack will be explored as well as ball controls such as spin and power.

@ 8pm **Intermediate: Drills Sessions**

Drills sessions are a great way to build confidence in your tennis through repetition on each stroke while learning to maintain good technique during a physical workout. Tennis drills training also aims to improve your shot accuracy, pace, strength and endurance. The drills sessions are a perfect way to take your game to the next level. Class sizes will be limited to a maximum of 8 players.

To reserve your place or to get advice about the most suitable course for you, please contact

John Austin at johnaustin@tenniscoach.ie or 086 8179553

*Please note: courses are subject to a minimum number of participants and course details may change.