



## 2024 Youth Group Lesson Descriptions

**4-6yrs Beginner/Novice**, learning about the parts of the court, the grip, forehand and backhand basics of the swing, stance and balance, ball control skills to start each lesson are essential in this session. Stationary basics with progression to moving to the ball, introduction to serving basics, volley basics, incorporated with skill building games towards the latter half of each lesson. 2/3 of lessons will be skill building with the latter portion of the lesson fun games related to the theme of the lesson.

**7-9yrs Beginner**, we will teach new tennis players the different parts of a tennis court and how they relate to the game, basic stroke mechanics starting from proper grips for forehands and backhands, serves and volleys. Ball controls to start each lesson, building eye/hand coordination is essential, quick transition, from a drop feed to an instructor fed ball, stationery and progress to a moving instructor fed ball. Skills taught will focus on multiple rallies between students within the mini court, skill incorporated games towards the end of each lesson.

**7-9yrs Novice**, may have taken lessons before, ability to drop a ball for themselves and hit a forehand or a backhand over the net consistently, should be able to hit forehands and backhands over the net from an instructors feed with a fair level of success. All strokes will be taught with an eye for successful rallying, with an instructor and then amongst peers. Learning how to score in tennis will be tied into a large portion of the games we integrate.

**10-12yrs Beginner**, a new student of the game just as all beginner 1 category in all age groups, ball controls are always part of the warmup, building eye hand coordination with racquet control. All strokes will be taught and built upon, from the grip to the full strokes of a forehand, backhand, volleying and serving, with an eye for this age bracket to really be pushed into judging the tennis ball, making athletic adjustments to be in place and in balance. And no lesson is complete without a skill-based game to get the competitive juices flowing.

**10-12yrs Novice**, this category of player has likely taken lessons, can hit a ball over the net from an instructor fed ball with a high level of success in the mini court and average level of success from the full court (back of the court). Has been introduced to the strokes of the game before, understands what the tennis strokes are used for. Lateral and horizontal movement to and from a stroke will be essential and judgment of the flow of a rally will be a large focus. Rallying will be a large part of the transition from an instructor fed ball to successful back and forth play amongst players. Games, scoring, and doubles play/positioning will be introduced to this group.

**13-15yrs Beginner**, this category is again for the new players of the sport, introduction of forehands, backhands, serves and volleys will be taught, by the teenage years, players have grown into good eye hand coordination. The rules of the game will be taught once a stroke has been taught and muscle memory is in place. Rallying amongst players will be the focus of this session, training students to have a high level of success in a mini court rally and moving back to 3/4 court and full court. Singles and doubles play will be a large part of the games we do in this session.

**13-15yrs Novice**, this category is for students that have taken lessons before, the player should be able to rally with an instructor in the mini court landing the ball bounce in front of the instructor and maintaining a controlled rally, also success with rallying amongst students in a mini court. Ability to hit most balls, forehands and backhands from an instructor fed ball from the opposite side of the net while at the baseline. Instructor fed balls will have you on the move and back to a recovery position of play, aiming of a shot will be taught, touching on more advanced ideals, of impact point, basic strategy to success. Games, singles/doubles will be played from the full court and consistency will be a major focus of these players, consistency in this last group can lead our players to their next phase of tennis.

**13-15yrs Intermediate, 6-7pm Tuesdays**, our intermediate teen lessons are for players that have played the game and/or taken a series of lessons in the past, students should be able to warm up using a mini tennis rally, to a 3/4 court rally to a baseline rally with a fair level of consistency. Players have been introduced to the basic technical of the forehand and backhand, serves and volleys. This lesson will be focused on more advanced ideals with an eye for the student to see improvement throughout the session on overall game play implementation. More advanced fundamentals and some technical adjustments will be looked at for each student, the modern forehand is an example of what we will be teaching, grip changes as it relates to spin of the ball, body and racquet preparation, impact point of the ball as it pertains to directional shot control. On the flip side, a look at strategical play when both serving or returning, through different spins, point management/percentage play and the ability to evaluate an opponent's strengths and weakness to devise various successful strategies during match play. Eager players looking to bump their game to the next level are our ideal candidates!