

TRACKSIDE LAWN TENNIS CLUB

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TENNIS COACHING

TENNIS IRELAND LEVEL 1 COACH DELIVERING
THE "LONG TERM PLAYER DEVELOPMENT PATHWAY"
IN A SAFE AND FUN ENVIRONMENT



COACHING PROGRAMME

ALL PROGRAMMES ARE WITH A MAXIMUM OF 8 TO 10 PLAYER PER CLASS TO ENSURE QUALITY OF COACHING. CONSIDERED THE BEST TEACHING METHOD FOR TENNIS THE "GAME-BASED APPROACH" IS LOOKING AT WHERE TO HIT THE BALL THROUGH TACTICS AND STRATEGY. TECHNIQUE (HOW TO HIT THE BALL) IS ALSO OVERLOOKED IN OUR PROGRAMME.

YELLOW BALL 5-6pm

AGE 14 to 19 years

ACQUIRE STROKE FUNDAMENTALS SUCH THAT FOUNDATION FOR QUALITY STROKE PRODUCTION IS LAID. MAINTAIN AND DEVELOPE TACTICAL KNOWLEDGE ON A FULL COURT. REINFORCEMENT IN FOOTWORK AND PHYSICAL CAPACITY

DESIGNED FOR PLAYERS THAT WANT TO DEVELOPE EFFECTIVE TECHNIQUE AND LEARN HOW TO APPLY IT IN A TACTICAL GAME SITUATION.

PRICE

6 WEEKS PROGRAMME

€40 MEMBERS

€50 NON-MEMBERS

DATE

EVERY MONDAY (5 - 6pm)

START MONDAY 24TH

SEPTEMBER 2018

REGISTRATION

SEND NAME, AGE, CONTACT

BY TEXT 083 836 70 75

BY EMAIL tracksideltc@hotmail.com

ON THE DAY please check availability. limited number of places

