**PIT FARM TENNIS CLUB**

**Adult Coaching Programme**

**CARDIO TENNIS**

This session is a high energy group fitness training. As opposed to focusing on technique and tactics this session is about getting your heart rate up, burning lots of calories and hitting lots of balls. Delivering full body workout.

This is fun, social and designed to get you moving. Tennis ability not important.

**RUSTY RACQUETS**

This session is designed for adults who are complete beginners or who haven’t played in a long time. It is fun and easy way for adults to get into the game. During the sessions you will be taught how to serve, perform groundstrokes and volleys, rally and score so that by the end you will be able to enjoy fun matches with your friends, family or other players you meet.

**DRIILS & SKILLS**

This session is for improvers and less confident intermediate players. Players will concentrate on one element of the game and work on the progressions around it. It is high intensity with lots of repetition to get tennis stroke right. Proper tennis footwork will be taught.

**DRILLS & TACTICS & PRACTICE**

This session is for intermediate and advanced players looking to develop their skills and learn new tactics to put into match practice. The session will involve singles and doubles play and each player will learn patterns and techniques to effectively apply in all situations and take their game to the next level. The session will involve the following drills:

• Doubles Formation • Interception

• Communication With Partner

• Court Positioning • Construction Of Points