

SPRING TERM 2019 GREEN FUTURES

COACHING FOCUS THIS TERM

- Advanced ABC (Agility, Balance, Co-ordination) exercises
- Ball skills: receiving and sending with coach/partner via throwing and hitting, both underarm and overarm, forehand and backhand
- Understanding the court size and getting used to how the green ball behaves in the air and after the bounce
- Refining rally skills in order to start playing points from behind the baseline

COMPETITION

Both coach and player-fed exercises are incorporated into each session in order to help progress rally skills into point-play. Rules can be relaxed to help beginners start the point effectively or put in a good return. A greater emphasis is placed on the players rather than the coach starting the point towards the end of the term.



A REMINDER OF THE OVERALL AIM OF GREEN FUTURES

This programme is designed for players aged 9 to 10 with little or no experience of tennis. Enjoyment is still very much the #1 priority, and the coaches can be flexible with the court size and playing rules, at least to start with, while players adapt and develop their skills. Learning to play points and play a match is important, but the Green Futures programme is purely recreational to allow players to discover the game at their own pace and in a relaxed and fun environment.

SPRING TERM 2019 GREEN CHALLENGERS

COACHING FOCUS THIS TERM

- Getting used to the green ball bounce and understanding the ball characteristics
- Maintaining a good contact point on groundstrokes from different court positions
- Hitting with greater height and speed to avoid the net
- Developing the overarm serve
- Ongoing technical fundamentals regarding groundstrokes
- Competition, understanding scoring and line calling



COMPETITION

Concentrating on singles match play with an emphasis on scoring correctly whilst making players aware of the game situations. Adding specific conditions, designed to improve a skill, make players think tactically maybe be being forced to hit into a certain area of the court at different times and/or under pressure.

A REMINDER OF THE OVERALL AIM OF GREEN CHALLENGERS

This is for players of 9 to 10 years old that have either had some mini tennis experience before and are no longer beginners, players that have shown an aptitude level above those at 'Futures' level, or players that are looking to commit more to tennis. The idea of competition is more focal in its approach, with players encouraged to look at entering lower-level mini green events and become part of their clubs' junior teams. Many of these players will have regular individual lessons with a coach.