

SPRING TERM 2019 ORANGE FUTURES

COACHING FOCUS THIS TERM

- Progression into playing points with a partner
- Learning how to win points
- Feeding drills with coach
- Rallying with partners
- Adjusting to the different tennis ball, higher bounce
- Developing the overarm serve
- Working on footwork and court awareness



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 REMINDER OF THE OVERALL AIM OF ORANGE FUTURES

This programme is designed for players aged 8 to 9 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 Orange 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 ORANGE CHALLENGERS

COACHING FOCUS THIS TERM

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



COMPETITION

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A REMINDER OF THE OVERALL AIM OF ORANGE CHALLENGERS

This is for players of 8-9 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 orange events and become part of their clubs' junior teams. Many of these players will have a regular or semi-regular individual lesson with a coach.