

SPRING TERM 2019 RED FUTURES

COACHING FOCUS THIS TERM

- Learning to turn sideways on whilst the ball is being received
- Learning how to move around the court
- Introduction of rackets – how to hold the racket, grip changes to/from groundstrokes
- Coach feeding red balls to players, coach asking players to hit into targeted areas
- If capable, introduction to rallying
- Knowing the court, what the lines are called



COMPETITION

Players compete with one another in a series of coach-fed exercises that involves throwing to targets, achieving higher rally numbers and finally winning points. These will be player-fed as they develop their serving skills, both underarm and overarm and will always take place towards the end of the session (last 10 minutes or so)

A REMINDER OF THE OVERALL AIM OF RED FUTURES

Tennis is fun! Red future players are generally new to the game so it's all about their first experience on court. Players will be improving the necessary movement around the court, ball perception and hitting skills in order to eventually play the game successfully. This also involves encouraging each other, making friends and teamwork. From here good sportsmanship is endorsed as part of the first steps to learning about becoming a tennis player.

Many of the fundamental skills are difficult to start with, so perseverance is a must! Anyone in the Mini Red Futures programme that shows particularly good athletic ability, co-ordination, competitiveness and a genuine love for tennis may in time be invited into the Red Challengers programme for more committed players.

SPRING TERM 2019 RED CHALLENGERS

COACHING FOCUS THIS TERM

- Tactical based drills focusing on serve and return.
- Introduction into tactical intentions - how plan to win a point
- Looking to build points off serving
- Using strengths against opponents' weaknesses
- Focusing on ball characteristics - mainly speed and direction
- Appropriate footwork and recovery when needed



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 by 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 RED CHALLENGERS

This is for players of 6 to 8 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 and county level. Many of these players will have regular individual lessons with a coach.