



## TEAM PLAY COACHING

A NEW, FRESH APPROACH FOR YOU TO RECEIVE QUALITY,  
FRIENDLY AND FUN TENNIS COACHING

Your coach will be on hand to guide you with a stimulating workload that will have you on your toes the entire time you are on the court.

**“Executing a good plan is good work in progress”**

Your coach will take you through great drills to ensure your tennis essentials are improved and effective. The program will also provide you with the opportunity to have a fun Team Play Tennis experience.

### LESSON PLANS WILL COVER:

#### **Essentials for rallying with great effectiveness and consistency**

- Both back – baseline to baseline rallying
- One up one back – Baseline to net rallying
- Both up – net to net rallying

#### **Effective positions and effective play for starting the point in doubles**

- When Serving
- When receiving

#### **Movement Training for doubles**

- Adapting positions for doubles
- Going on the offence
- Playing defence

#### **Developing instincts and communicating skills for doubles**

- Who does what, when, how
- Anticipating
- Essentials for better doubles

### ANNUAL FEE

**\$900 +HST**  
(Tennis Now Pay & Play  
Membership required)

