

ABOUT OUR CLASSES

Tennis



This program is designed to captivate children, the instructor provides individualized attention, guidance, and positive reinforcement to each child. They create a supportive and inclusive environment that encourages children to take risks, learn from mistakes, and enjoy the learning process.

Starting tennis at a young age allows children to develop and refine their skills over time. By establishing a strong foundation and understanding of the sport early on, they can progress to more advanced levels of play as they grow older.

Red Ball Beginners



The Red Ball Tennis Class is designed for children aged 3-5 who are new to the sport of tennis. This class provides a fun and engaging environment where children can develop fundamental skills, hand-eye coordination, and a love for the game. The Red Ball Tennis Class aims to foster a love for tennis, develop basic skills, and promote physical fitness in a fun and enjoyable setting. It serves as an excellent introduction to the sport and prepares children for further tennis development in the future.

Orange Ball Strikers



The Orange Ball Tennis Class is designed for children aged 6-7 who have some prior experience or have completed the Red Ball Tennis Class. This class builds upon the foundational skills learned in the earlier stage and introduces more advanced techniques, tactics, and match play concepts. The class aims to further develop the children's tennis abilities and prepare them for higher-level play.

OUR CURRICULUM

Physical education classes including Football, Teeball, Hockey, Athletics & Rugby.

What kids learn

Children are taught the core skills within tennis such as equipment handling, projection skills, reception skills, reactions & tracking skills. Each aspect is taught in a progressive manner, with reminders of their progress we aim to motivate students to continue to develop their athletic ability under our encouraging guidance. Understanding some children may have more difficulty with specific skills our coaches simplify activities so that the moments involved in the technique are practiced before teaching the technique.

Attention to soft skills

Along side teaching students to play sports we also focus on developing their soft skills. At the beginning of each session our coach will highlight a behavioural skill which is tailored to the group needs. Throughout our session we reflect back to the soft skill rule and encourage our students to apply it during the session. With the aim of developing positive behavioural attributes we strive towards catering to each child's needs. Our coaches are aware of the limitations some children may have and are prepared to take the patients required to make a difference!

TENNIS

CURRICULUM

Red Ball Beginners

Level 1: Red Ball Beginners (Ages 3-5)

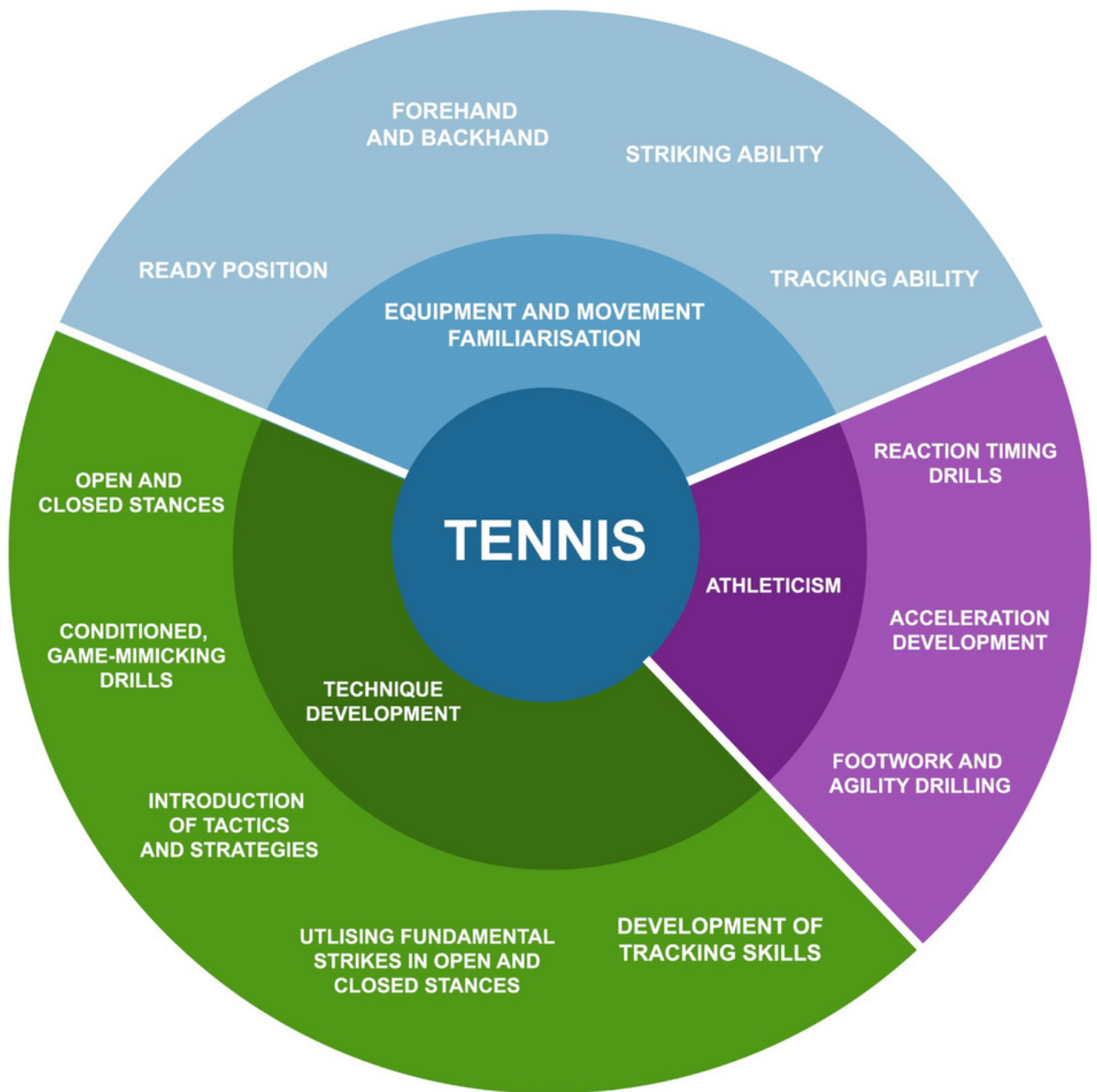
Duration: 8-12 weeks (1 session per week)

Objective: Introduce children to the basic skills and concepts of tennis in a fun and engaging manner.

Key Concepts:

- 1. Hand-Eye Coordination:** Develop hand-eye coordination through various activities and games, such as catching and throwing exercises.
- 2. Basic Grip and Swing:** Teach children the proper grip and basic swing technique using a red foam or low-compression ball and a small-sized racket.
- 3. Footwork and Balance:** Introduce basic footwork patterns and focus on maintaining balance during movement.
- 4. Introduction to Scoring:** Familiarize children with the concept of scoring in tennis, emphasizing fun mini-games and challenges.
- 5. Introduction to Court Etiquette:** Teach basic court etiquette, including waiting turns, respecting opponents, and listening to the coach.

	Skill	Teaching point	Teaching point	Teaching point	Teaching point	Teaching point	Teaching point
1	tennis						
2	Footwork	Forwards: Quick feet (Light on feet)	Backwards: Quick feet (Light on feet)	Side stepping	With racket - Forwards: Quick feet (Light on feet)	With racket - Backwards: Quick feet (Light on feet)	With racket - Side stepping
3	Positions	Ready position	Open stance	Closed stance	Approaching the ball		
4	Striking	Introduction to forehand	Introduction to backhand	Strike tall cone	Strike tennis stand	Volley a fed ball	
4	Striking		Strike static ball	Strike rolling ball	Strike slightly bouncing ball	Strike bouncing ball	
5	Hand-Eye Coordination:	Trap fed ball	Block fed ball	Catch fed ball	Strike fed ball	Tossing balls, bean bags & various equipment	Bouncing and catching ball against wall and with partners
6	Grip and Swing Technique:	Eastern grip	shadow swings	correct swing path	Follow through	Wall tennis	Floor tennis
7	Target Practice:	Practice pushing balls towards targets	Practice hitting bouncing balls towards target				
8	Rally with a coach	feed them easy balls to rally back and forth.	Gradually increase the distance	Teach children to move their feet to get into the ideal hitting position and recover to a ready position after each shot.			



TENNIS

CURRICULUM

Orange Ball Strikers

level 2: Orange Ball Strikers (Ages 6-7)

Duration: 8-12 weeks (1-2 sessions per week)

Objective: Build upon the skills learned in Level 1 and introduce more advanced techniques and tactics.

Key Concepts:

1. Racket Control: Focus on developing better control over the racket, including volleys, groundstrokes, and serves, using an orange ball and a slightly larger racket.
2. Improved Footwork: Emphasize agility, quickness, and proper footwork patterns for different shots, including lateral movement and recovery.
3. Introduction to Match Play: Introduce basic singles and doubles match play concepts, such as scoring, rules, and strategies.
4. Shot Variety: Teach children to vary their shots, including topspin, slice, and drop shots, to give them a wider range of options during rallies.
5. Sportsmanship and Fair Play: Reinforce the importance of good sportsmanship, fair play, and respect for opponents and officials.

Skill	Teaching point	Teaching point	Teaching point	Teaching point	Teaching point	Teaching point
1 Grip						
2 Footwork						
3 Positions	Ready position: Fast feet	Ready position: Side steps	Ready position: Forward to colour, backwards back	Ready position: Side steps around agility ladder/cone,	Ready position: Side steps/Diagonal thorough ladder	agility exercises
4 Groundstrokes	simple shadow swings	Wall Tennis	Floor Tennis	Line drill closed stance	introducing movement and footwork patterns during groundstroke practice	
5 Volleys and Overheads	volley technique	short backswing	keeping the racket head up	firm wrist	volleys using cooperative drills with a partner	overheads by tossing balls
6 Hand-Eye Coordination:	shot placement	shot selection	decision-making to enhance tactical understanding			
7 Grip and Swing Technique:	Eastern grip	semi-western grip	continental grip	compact backswing	rotation of the body	smooth follow-through.
8 Rally with a coach	Floor Tennis: Ground strokes.	Dynamic free Movement to strike the ball, followed with volley				
9 Serve:	basic serving technique	alternate grips	ball toss	motion of the swing	underhand serves	overhand serves
10 Match Play	mini-tennis or half-court matches	scoring, rules, and basic strategies	positioning, shot selection, and court awareness			
11 Sport techniques	Forehand: Ready position, Turn shoulders, open hands, drop racket, swing over shoulder	Backhand: Ready position, Turn shoulders, drop racket, swing over shoulder	Volley: Hold racket up with one hand then push out			