MIDDLE SCHOOL TENNIS CURRICULUM

BEGINNING TENNIS

PHYSICAL SKILLS

* EYE HAND COORDINATION
* AGILITY/FOOTWORK
* BALANCE
* THROWING, JUMPING AND RUNNING
* PROMOTE DEVELOPMENT OF ATHLETICISM

MENTAL SKILLS

* ENJOYMENT OF THE SPORT
* SPORTSMANSHIP AND RESPECT
* HOW TO SCORE
* WORKING WITH OTHERS
* ENCOURAGE PARTICIPATION IN OTHER SPORTS

TECHNICAL SKILLS

* FOCUS ON BASIC STRIKING SKILLS WITH PROGRESSION
* PROPER SWING AND PATH TECHNIQUE
* ACCEPTABLE GRIPS
* RACKET HEAD ACCELERATION
* TOSS AND SERVE TECHNIQUE
* FORHAND AND BACKHAND VOLLEY

TYPE OF INSTRUCTION AND COACHING

* DEVELOPMENTAL COACH
* ENTRY LEVEL PROGRAM WITH FOCUS ON FUNDAMENTALS
* GROUP INSTRUCTION

INTERMEDIATE TENNIS

PHYSICAL SKILLS

* COMPLEX COORDINATION
* FITNESS TESTING
* ENDURANCE FLEXIBILITY AND CORE STABILITY
* FOOTWORK, SPEED AND MOVEMENT

TACTICAL

* PRINCIPLE OF HIGH PERCENTAGE PLAY
* DOUBLES SKILLS
* INTRODUCTION OF MATCH PLAY
* FINE TUNING STROKE DEVELOPMENT

MENTAL SKILLS

* POSITIVE ATTITUDE TOWARDS WINNING AND LOSING
* GOAL SETTING
* SELF DISCIPLINE

TYPE OF INSTRUCTION AND COACHING

* ESTABLISHED DEVELOPMENTAL PLAN
* ENCOURAGE OUTSIDE TENNIS INSTRUCTION AND MATCH PLAY

ADVANCED TENNIS

PHYSICAL SKILLS

* MAXIMIZE STRENGTH SPEED AND POWER
* FOCUS ON CONDITIONING
* ENDURANCE FLEXIBILITY AND CORE STABILITY
* FOOTWORK, SPEED AND MOVEMENT

TACTICAL

* PRINCIPLE OF HIGH PERCENTAGE PLAY
* DOUBLES SKILLS
* ABILITY TO ADJUST TO OPPONENT AND ENVIRONMENT AND COURT SURFACE
* FINE TUNING STROKE DEVELOPMENT AND PERSONAL GAME STYLE
* LEARN PROPER TOURNAMENT PREPARATION

MENTAL SKILLS

* EMOTIONAL CONTROL AND ERROR MANAGEMENT
* RELAXATION SKILLS
* CONCENTRATION SKILLS
* SELF MOTIVATION SKILLS
* SELF DISCIPLINE

TYPE OF INSTRUCTION AND COACHING

* ESTABLISHED DEVELOPMENTAL PLAN
* ENCOURAGE OUTSIDE TENNIS INSTRUCTION AND MATCH PLAY
* INDIVIDUALIZE INSTRUCTION

MISSION STATEMENT: To give every interested athlete the opportunity to develop tennis skills as a lifetime sport.