



**See Our Annual Player Plan Here:**

Type Of Player	Description	Coaching Requirements
Beginner:	Never Played Before	Introduction to the game via the ITF « Play & Stay » Programme.
Improver:	- Played Some Tennis - Has Acquired Minor Skills	Refinement Of Strokes
Intermediate:	Has Acquired Basic Skills	Higher Level of stroke production & introduction to match play
Advanced:	- Plays Regularly in competition - Has acquired solid strokes	Refinement Of Existing strokes

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#### **BLOCK 1:**

Beginner:	Introduction to the game. Work on Basic Technique
Improver:	Focusing on player technique
Intermediate:	Refining player's existing strokes
Advanced:	Assessment of player's strengths/weaknesses Focusing on weaknesses & improving

	strenghts
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BLOCK 2:	
Beginner:	Progression Of Introductory Phase
Improver:	Enhancing strokes to a higher level Focusing on control & consistency
Intermediate:	Focusing on control & consistency by acquiring the use of spin & improving footwork.
Advanced:	Developing an aggressive / dominating game style

BLOCK 3:	
Beginner:	Helping players to develop further their hitting skills through better footwork & through the ITF Play & Stay Programme.
Improver:	Progress on control & consistency in addition to integrating footwork
Intermediate:	Learn to maximize the use of spin in a match play situation
Advanced:	Advanced singles & doubles tactics & preparation for the Open Tournament Season.



BLOCK 4:	
Beginner:	Introduction to basic match play situations by putting strokes learnt into a simple game plan

Improver:	Introduction to the 6 playing situations and what to do in each one
Intermediate:	Advanced Strategy & Tactics
Advanced:	Maintain optimum performance in players through practice sessions with juniors from other clubs.

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#### **BLOCK 5:**

Beginner:	Bring strokes learned to a higher level
Improver:	Review strokes & match play situations
Intermediate:	Review strokes & strategy
Advanced:	Evaluation of players performance & identifying areas to be worked on.

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#### **BLOCK 6:**

Beginner:	Preparatory phase for next level...IMPROVER
Improver:	Preparatory phase for next level...INTERMEDIATE
Intermediate:	Preparatory phase for next level...ADVANCED
Advanced:	Players set new goals for the coming year. These goals will be assessed and coaching programme geared towards this.