



Jamie Stafford Tennis Academy

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15-WEEK PROGRAMME

WEEK 1:

Introductions: Fun Games Overview of the course.

Goal: To allow players to get to know each other, the coach and the course.

WEEK 2:

Forehand: How to hit with basic spin & judging the oncoming ball to maintain a rally.

Goal: Can you maintain a rally of 5+

WEEK 3:

Backhand: How to hit with basic spin & judging the oncoming ball to maintain a rally.

Goal: Can you maintain a rally of 5+

WEEK 4:

Serve: How to use correct grip, serve technique, introduction to consistency & placement.

Goal: to get 6 out of 10 serves in.

WEEK 5:

Returns: How to return fast & slow serves

Goal: To return a fast serve into court. To attack a slow serve and advance to net.

WEEK 6:

Volleys: How to control & return fast volleys.

Goal: To return in 6 out of 10 fast volleys received.

WEEK 7:

Scoring & Rules: Ensure all pupils understand the scoring & rules.

Goal: Play mini-competition to enhance scoring & rules.

WEEK 8:

Singles Tactics: Covering the 5-playing situations of serving, returning, both at baseline, you at net opponent at baseline, you at baseline, opponent at net.

Goal: Brief quiz on the 5-playing situations.

WEEK 9:

Approach Shot: Technique needed to execute and attack short ball.

Goal: To get an understanding of short-ball attack and advance to volley.

WEEK 10:

Shot Placement: To acquire the skill to place a forehand, backhand & serve to an area you wish to send it to:

Goal: Target placement competition.

<p><u>WEEK 11:</u></p> <p><u>Smash:</u> How to execute a smash, then to a specific area of the court, then while on the move.</p> <p><u>Goal:</u> Hit 6 out of 10 in.</p>
<p><u>WEEK 12:</u></p> <p><u>Doubles Tactics:</u> Covering the 4 doubles player responsibilities of Server, Returner, Net Play & Communication.</p> <p><u>Goal:</u> Brief quiz on the the 4 doubles player responsibilities.</p>
<p><u>WEEK 13:</u></p> <p>Match Stress: How to play to a good level while under match pressure.</p> <p><u>Goal:</u> Play matches while A) Behind B) ahead C) @ 5-5 & deuce in the final set.</p>
<p><u>WEEK 14:</u></p> <p><u>Shot Development:</u> recap on strokes covered so far</p>
<p><u>WEEK 15:</u></p>
<p>TOURNAMENT & PRIZE GIVING.</p>

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