

# SAMPLE WEEKLY TIMETABLE



## Tennis Academy – all levels

Our Tennis Academy is taught onsite by a small team of qualified and experienced coaches led by an LTA Senior Performance Coach (UKCC Level 4). The excellent coach to student ratio allows students to work hard at improving their tennis skills as part of a small group, whilst also receiving some individual coaching. Students are assessed on the first day, then put into groups depending on ability and experience. Using the latest coaching techniques, a wide spectrum of abilities from beginner/social player to international standard juniors are catered for. All aspects of the game are covered – tactical, technical, physical and mental. Tournament day at the end of each week.

### Typical Week

#### Head Tennis Coach Profile: Pete Brown



LTA Senior Performance Coach  
UKCC Level 4

Former Junior Team Coach/Coordinator for  
Shropshire LTA

Shropshire Men's Doubles Champion 1997,  
1999, 2011 & 2012

Ranked in top 70 in GB as a junior, and No. 1  
in Shropshire.

	09.00	10.00	10.45	11.30-12:00
Thursday	Introduction to the course. Fun warm up game, followed by on court assessment	<b>Theme:</b> Playing tennis from the baseline. Drills	After a short break, and using the day's theme, more 'open' drill situations to try out	Fun games or match situations to complete the session
Friday	Fun fitness training session	<b>Theme:</b> Playing tennis from the net.	After a short break, and using the day's theme, more 'open' drill situations to try out	Fun games or match situations to complete the session
Saturday	Fun warm up game	<b>Theme:</b> The two most important shots in tennis – serve and return.	After a short break, and using the day's theme, more 'open' drill situations to try out	Fun games or match situations to complete the session. Or a fastest serve competition
Monday	Fun fitness training session	Short sessions on previous themes, or Doubles Tactics.	Short sessions on previous themes, or Doubles Tactics	Fun games or match situations to complete the session
Tuesday	Fun warm up game	Competition	Competition	Competition Prize Giving

*This programme also includes 15 hours' English tuition on five afternoons each week.*