

Sports Academy Tennis 2012

Summary

Centres	Lancing, Dicker, Windlesham and Vinehall
Hours	6 hours per week (4 x 1.5 hour sessions)
Days	Monday, Tuesday, Thursday and Friday
Ages	10-18
Levels	Beginner, Low & Intermediate
Coach	1 coach per 10 students
Price	£135 per week

Objectives

- To increase every student's skills and competencies in tennis.
- To offer professional, relevant instruction from a qualified coach.
- To develop every student's understanding of the game of tennis.
- To develop matchplay techniques, skills and fitness.
- To learn to compete, communicate and have fun.

Venue

Sports Academy Tennis instruction usually takes place on the outdoor hard tennis courts on campus.

Skills Developed

Ability	Typical skills developed over a 3-week period
Beginner	<ul style="list-style-type: none">• Working on ball-sense skills and applying them to tennis.• Knowing the different actions required to play a ground stroke and a volley.• Holding a tennis racket in a variety of grips necessary to play forehand and backhand ground strokes and volleys.• Learning how to start a tennis point with a service.• Developing skills listed above sufficiently to play a game of tennis.• Learning to compete and play tennis with others.
Low	Developing the same skills as Beginner, but at a more advanced level, to be achieved by: <ul style="list-style-type: none">• Repetitive rallying practice to develop consistency.• Learning to use first and second serves effectively.• Learning about court positions and where to stand when competing.
Intermediate	Developing the same skills as Beginner, but at an even more advanced level, to be achieved by: <ul style="list-style-type: none">• Learning to spin the ball to add variety to tennis drives and volleys.• Learning to spin the ball when serving, particularly on the second service.• Becoming more tactically aware and effective in playing the game of tennis.

Student Quotes

"I like Sports Academy Tennis because I enjoy sport and meeting new friends."

Danuta – 15, Intermediate, Poland

"I tried tennis and I like it."

Elise – 14, Beginner, France

"I love tennis and I had a really good time at the Tennis Sports Academy."

Tim – 11, Intermediate, Germany



Accredited by the



To apply contact: St Bede's Summer School Tel + 44 1323 443 818
Email summer.school@stbedesschool.org Web www.stbedesschool.org

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