



SHORT PROGRAM BEGINNER/RECREATIONAL PLAYERS

RECREATIONAL PLAYERS WITH AN ITN (INTERNATIONAL TENNIS RATING) NUMBER OF: 8, 9, or 10.

BEGINNER PLAYERS WITH AN ITN (INTERNATIONAL TENNIS RATING) NUMBER OF: 10.1, 10.2, 10.3

The Ace Tennis Academy Gold Coast offers its "Short Program" on a weekly basis

This intense program can now be the foundation for your own improvement.

The 'Short Program' is for individuals dedicated to learning the *basic fundamental techniques* that are required to play the game and also includes tennis-specific fitness training

Weekly Program Schedule

The Ace Tennis Academy Gold Coast Weekly Program sessions. Players typically attend for a minimum of 1 week, so they can take advantage of the intense training environment. All aspects of the game are covered including technical, tactical, physical and mental training.

The goal of the Weekly Program is to provide quality tennis instruction within an environment that is fun and exciting. The Program is structured to give you Instructional sessions where we focus on swing mechanics to Drill and Play sessions where you will groove strokes and tennis strategy through numerous drills and match play.

On Wednesdays afternoon students have the opportunity to take advantage of the beautiful Gold Coast beaches as a means of Active Rest.

| | 9:15-9:30 | 9:30 - 10:30 | 10:30 - 10:45 | 10:45 - 11:15 | 11:15 - 11:30 |
|------------------|--|--|--|---|--------------------------------|
| Monday | Warm-up Shadow drills Stretch | Forehand Technique This session will provide the opportunity to teach adjust and refine individual technical strengths and weaknesses of the stroke. | Video Analysis The technical adjustments that will be implemented throughout the week will be recorded on video. Students will receive a copy | Point Play: Consistency rallying Singles & Doubles | Cool down Stretching |
| Tuesday | Warm-up Jogging Stretch | Backhand Technique This session will provide the opportunity to teach adjust and refine individual technical strengths and weaknesses of the stroke. | Video Analysis The technical adjustments that will be implemented throughout the week will be recorded on video. Students will receive a copy | Point Play: Counter-attack Singles & Doubles | Cool down Stretching |
| Wednesday | Warm-up Live ball | Serve Technique This session will provide the opportunity to teach adjust and refine individual technical strengths and weaknesses of the stroke. | Video Analysis The technical adjustments that will be implemented throughout the week will be recorded on video. Students will receive a copy | Point Play: Attack Singles & Doubles | Cool down Stretching |
| Thursday | Warm-up Run the lines | The Volley: These sessions will introduce you to the technical fundamentals of the volley, fed-ball drilling, and introduction to live-ball drilling | Patterns of Play: Tactical awareness These sessions will incorporate fed-ball drilling, live-ball drilling, point play, simulated situation play, match play and challenge matches. | Fitness/footwork Movement Training Each individual's speed/agility/quickness will be reviewed, assessed and addressed Agility | Cool down Stretching |
| Friday | Warm-up Games | Mental Skills: The scoring system in singles Match Play | Mental Skills: Concentration Visualization/goal setting/routines between points | Competition The scoring system In doubles Match Play | Cool down Stretching |