



SHORT PROGRAM INTERMEDIATE PLAYERS

INTERMEDIATE PLAYERS WITH AN ITN (INTERNATIONAL TENNIS RATING) NUMBER OF: 5, 6, or 7.

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 making an immediate difference in their game giving them the instruction they need to get to the next level of the game. It 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 around a mini-periodized week, which is divided into three days of Technical training, one day of Pre-Competition, and one day Tournament.

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

	9:00-9:15	9:15 - 10:15	10:15 - 10:30	10:30 - 11:00	11:00 - 11:15
Monday	Warm-up Shadow drills Stretch	Forehand Technique This session will provide the opportunity to 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	Cool down Stretching
Tuesday	Warm-up Jogging Stretch	Backhand Technique This session will provide the opportunity to 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	Cool down Stretching
Wednesday	Warm-up Live ball	Serve Technique This session will provide the opportunity to 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	Cool down Stretching
Thursday	Warm-up Run the lines	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.	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: Concentration Visualization/goal setting/routines between points	Competition Match Play	Competition Match Play	Cool down Stretching