


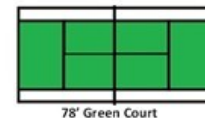


18U CLINIC - MONDAYS & WEDNESDAYS - 5PM - 6PM

CRITERIA - 18U Clinic	18U - 1 New & Less Experienced Players HAND FEEDS: Limited Rally with coach MAIN EMPHASIS: Racket skills and develop consistency	18U - 2 Moderately Experienced Players RACKET FEEDS: Rally with Coach and Player MAIN EMPHASIS: Topspin technique	18U - 3 Experienced Players RALLY: Player to Player MAIN EMPHASIS: Moving back on high balls
COMMITMENT OF STUDENT: How many days per week participant should play	Attend Clinic 2 Days a Week (Mon/Wed 5pm-6pm)	<ul style="list-style-type: none"> Attend Clinic 2 Days a Week (Mon/Wed 5pm-6pm) Plus 1 lesson or play on your own 	<ul style="list-style-type: none"> Attend Clinic 2 Days a Week (Mon/Wed 5pm-6pm) PLUS 1 lesson or play on own 3 tournaments a year or play league tennis
AVERAGE TIME BEFORE ADVANCEMENT to "Next Clinic Level"	2-6 MONTHS	3-9 MONTHS	3-9 MONTHS
STROKE & TECHNIQUE USED AT THIS DEVELOPMENT STAGE	<ul style="list-style-type: none"> FH: Introduce Small "C" loop and topspin BH: Work on differentiating & preparing for BH Serve Oscar Wegner: Stance, feet still, hit target, freeze on follow through Volleys w/ limited movement 	<ul style="list-style-type: none"> FH: Small "C" Loop and topspin BH: correct grip, switch grips from FH to BH Serve: Oscar Wegner stance, feet still, hit target, begin follow through Volley: blocking motion 	<ul style="list-style-type: none"> FH: Small "C" Loop and topspin BH: correct grip, switch grips from FH to BH Serve: Oscar Wegner Serve: stance, feet still, hit target, follow through, accelerate. Volley: blocking motion and poaching
RALLY DEVELOPMENT/ SEQUENCE	<ul style="list-style-type: none"> Warm Up with Red Ball Rally from Service Line Rally with a Coach Drop and Hit Lobster or Sword and Shield/bump it up Hand Toss Rally with immediate hand feed on miss 	<ul style="list-style-type: none"> Warm Up progression rallies with Red, Orange, Green Dot, and Yellow Balls 5 rally balls in a row and then progress to next "color" ball Trying to rally with topspin 	<ul style="list-style-type: none"> Warm Up with Red & Orange Ball Rally Player to Player Player to Player Rallies hitting cross court and down line Consistency on rallies trying to make 5-10 shot rallies
SERVE	<ul style="list-style-type: none"> OH Serve--strive for simple success  	<ul style="list-style-type: none"> OH Serve: Strive for consistency and placement  	<ul style="list-style-type: none"> OH Serve: Begin to hit serve with spin, location, and moderate power  Start games and rallies w/serves
POINTS/GAMES	<ul style="list-style-type: none"> Players vs Coaches Introduce Player vs Player games Introduce scoring system: Sets to 4 games no ad scoring. 	<ul style="list-style-type: none"> Player vs Player 6 game sets Play no ad or deuce scoring 	<ul style="list-style-type: none"> Player to Player 6 games sets 2 out of 3 sets with tiebreaker for 3rd set Play no ad or deuce scoring
Court Size, Color of Balls, Racket Size	<ul style="list-style-type: none"> Regular size court Green Dot balls and Yellow Balls Appropriate 27" racket 	<ul style="list-style-type: none"> Regular size court Yellow balls Appropriate size 27" racket 	<ul style="list-style-type: none"> Regular size court Yellow balls Appropriate size 27" racket
TACTICAL INTENTION	<ul style="list-style-type: none"> Get to the shot on balance Make it over the net. 	<ul style="list-style-type: none"> Get to the shot on balance Control the placement of the shot hitting crosscourt with topspin 	<ul style="list-style-type: none"> Use patterns of play changing depth and angles Understands when to attack and when to defend Understands when to hit On the Rise or Hit High
DRILLS/ACTIVITIES/GAMES	<ul style="list-style-type: none"> Eye Coach Machine for Technique & Timing Lobster Progression • "Swords and Shields" Hand Toss Rally Feeds • Champs vs Chumps Champ of the Court 	<ul style="list-style-type: none"> Eye Coach Machine for Technique & Timing & Spin "Swords and Shield" • Champs vs Chumps Champ of Court • Red Rover 	<ul style="list-style-type: none"> Advanced Spin Drills • "Shield and Sword" Champs vs Chumps • Champ of Court • Red Rover 2 on 1 Progression
TESTING CRITERIA TO MOVE UP TO THE NEXT CLINIC LEVEL EXTRA CREDIT: <ul style="list-style-type: none"> •Purchase Eye Coach •4 Weeks of Eye Coach Training at home—5 minutes a day •Send email and recording of training tracking progress. 	NEXT CLINIC LEVEL IS "18U - 2" <ul style="list-style-type: none"> • Student must be able to rally 5 balls in a row with a coach (FH and BH) • Student must be able to make 5 out of 10 serves in the correct box • Student must be able to drop and hit and execute 7 out of 10 FH's crosscourt for placement • Student must be able to execute 5 in a row "Shield and Sword" 	NEXT CLINIC LEVEL IS "18U - 3" <ul style="list-style-type: none"> • Student can rally 5 balls in a row with another student of similar ability • Student can make 5 out 10 serves in correct box WITH PROPER TECHNIQUE • Student needs to be able to make 5 out of 10 high balls from a coaches feed with topspin • Student can make 7 in a row "Sword and Shield" demonstrating ability to hit some topspin 	NEXT CLINIC LEVEL IS "TOURNAMENT LEVEL 1" <ul style="list-style-type: none"> • Student can rally 7 balls in a row crosscourt often times using moderate topspin vs a student of similar ability • Student can make 7 out of 10 serves to specific targets in box • Student needs to be able to make 10 balls in a row alternating hitting Crosscourt and Down the Line—majority of balls have topspin (2 on 1 Formation)



2015 JUNIOR TENNIS LEAGUES

♦ MATA SPRING JUNIOR TENNIS LEAGUE

Spring League Geared toward teams of
5th & 6th Graders (5-6 Players per team)
(We will entertain interest for 3rd/4th. If interest in 7th/8th
grades, we can have a non-team league of singles)

Wednesdays, 6:00pm - 7:30pm

March 18 - April 29, 2015

♦ MATA SUMMER JUNIOR TENNIS LEAGUE

Open to ages 8-18 (3 girls/3 boys per team MINIMUM)

Teams of 8U, 10U, 12U, 14U, 18U

Qualifying Season for Junior Team Tennis State

Championships in Auburn, July 10 - 12, 2015

Dates and times in June TBA based upon

Participation

♦ MATA FALL JUNIOR TENNIS LEAGUE

Open to ages 8-18 (5-6 Players per team)

Teams of 8U, 10U, 12U, 14U, 18U players

Wednesdays, 6:00pm - 7:30pm

September 16 - October 21, 2015

If interested in participation in any of these leagues or for more information,
please contact our Local Junior Team Tennis League Coordinator, Linda Bogolin at
lrteamtennismobile@gmail.com

Mobile Tennis Center 18 & Under Tennis Clinic

5-6pm

Mondays & Wednesdays

Cost: \$90 / 4 week session

3 Levels of Instruction:

18U 1: New & Less Experienced Players

18U 2: Moderately Experienced Players

18U 3: Experienced Players

Ages 13-18

Call or Come by
Mobile Tennis Center City Desk
to register
Cash or Credit Card Only
251-208-5181

