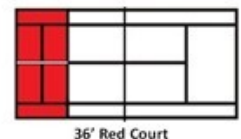


# 8U CLINIC - MONDAYS & WEDNESDAYS - 6PM - 7PM

CRITERIA - 8U Clinic	<b>RED 1: New &amp; Less Experienced Players</b> Ball Skills: Limited Rally with coach	<b>RED 2: Moderately Experienced Players</b> Ball Skills: Rally w Coach	<b>RED 3: Experienced Players</b> Rally Player to Player
<b>COMMITMENT OF STUDENT: How many days per week should they play</b>	Attend Clinic 2 Days a Week (Mondays/Wednesdays 6-7pm)	Attend Clinic 2 Days a Week (Mondays/Wednesdays 6-7pm)	<ul style="list-style-type: none"> <li>Attend Clinic 2 Days a Week (Mondays/Wednesdays 6-7pm)</li> <li>1 lesson or play on own</li> <li>2- 3 tournaments year when ready</li> </ul>
<b>AVERAGE TIME BEFORE ADVANCEMENT to "Next Clinic Level"</b>	2-6 MONTHS	3-6 MONTHS	3-9 MONTHS
<b>STROKE &amp; TECHNIQUE USED AT THIS DEVELOPMENT STAGE</b>	<ul style="list-style-type: none"> <li>Forehand: Basic racket skill w/contact point</li> <li>BH: 2 hand bh</li> <li>Serve: underhand serve</li> <li>Volleys: stationary volleys hit ball in air while at net</li> </ul>	<ul style="list-style-type: none"> <li>Basic Technique off Eye Coach Machine using balance follow through, grip</li> <li>FH: Begin follow through, grip</li> <li>BH Learn to adjust and position body alternating FH's and BH's</li> <li>Serve: OH motion and coordination of toss</li> </ul>	<ul style="list-style-type: none"> <li>FH: Small "C" Loop and topspin</li> <li>BH: correct grip, footwork and ability to alternate fh and bh</li> <li>Serve: Oscar Wegner stance, feet still, hit target</li> <li>Volley: blocking motion, we play doubles and kids need to learn volley</li> </ul>
<b>RALLY DEVELOPMENT/PROGRESSION</b>	<ul style="list-style-type: none"> <li>Cone Catch.</li> <li>Lobster Progression, Hand Toss Rally, (Immediate after miss)</li> <li>Underhand throw simulating FH</li> </ul>	<ul style="list-style-type: none"> <li>Lobster Rally player to player</li> <li>"Sandwich Catch-hand &amp; Racket"</li> <li>Pop Up,</li> <li>Rally vs a Coach</li> <li>Work towards player to player rally</li> </ul>	<ul style="list-style-type: none"> <li>Player to Player Rally</li> <li>Consistency with rallies</li> <li>Directional Control</li> <li>Learn to open court and hit to open court</li> <li>"Swords and Shields"/bump it up rally</li> </ul>
<b>SERVE</b>	<ul style="list-style-type: none"> <li>Underhand Drop and Hit to start a rally (contact point)</li> <li>Begin working on OH throwing motion</li> </ul>	<ul style="list-style-type: none"> <li>Underhand Drop and Hit Serve</li> <li>Begin working on OH serve--boundary lines are flexible--get it over the net</li> </ul>	<ul style="list-style-type: none"> <li>OH Serve</li> <li>Strict Boundary Lines-have to get it in the proper box.</li> <li>Tournament rules for serves</li> </ul>
<b>POINTS/GAMES</b>	<ul style="list-style-type: none"> <li>Games to 7 vs a Parent or coach</li> <li>Parent/coach starts/serves initial ball with racket or underhand toss</li> <li>Working towards student initiating point w/underhand serve.</li> <li>Coach/parent helps teach score and boundaries</li> </ul>	<ul style="list-style-type: none"> <li>Games to 7 versus a Parent or coach</li> <li>Student serves ball w/underhand feed--flexible boundary lines on serve</li> <li>Coach/parent "assists" in line call and verbal score</li> <li>Working towards Player vs Player games</li> </ul>	<ul style="list-style-type: none"> <li>2 out of 3 Tiebreaker Sets to 7pts vs another player</li> <li>Student serves to correct box,</li> <li>Coach encourages students to call their own line and call own score</li> <li>Learn to play doubles</li> </ul>
<b>COURT SIZE, COLOR OF BALLS, RACKET SIZE</b>	36 foot court • Red balls • 19", 21" or 23" racket	36 foot court • Red balls • 19", 21" or 23" racket	36 foot court • Red balls • 19", 21" or 23" racket
<b>TACTICAL INTENTION</b>	<ul style="list-style-type: none"> <li>Learn boundary lines</li> <li>Simple success: make contact &amp; get it over the net</li> </ul>	<ul style="list-style-type: none"> <li>Place ball</li> <li>Make opponent run</li> <li>Moderate degree of consistency</li> </ul>	<ul style="list-style-type: none"> <li>Ability to hit short and deep intentionally.</li> <li>Directing ball down line or crosscourt</li> <li>Open the court and redirecting the ball</li> </ul>
<b>DRILLS/ACTIVITIES/GAMES</b>	<ul style="list-style-type: none"> <li>Eye Coach Machine for timing • Lobster catch progression</li> <li>Cone Catch progression • Underhand throw</li> <li>Hand Toss Rally</li> </ul>	<ul style="list-style-type: none"> <li>Eye Coach Machine for Timing/Technique</li> <li>Lobster Progression • "Sandwich Catch" • Pop Ups</li> <li>Hand Toss Rally Feeds</li> </ul>	<ul style="list-style-type: none"> <li>Eye Coach machine for loop swing and spin</li> <li>"Shield and Sword" or bump it up</li> <li>Directional Hitting Games • Serve &amp; Serve Return</li> <li>"Red Rover-Volley Game" • 2 on 1 progression drills</li> </ul>
<b>TESTING FOR NEXT CLINIC LEVEL</b>	<p><b>NEXT CLINIC LEVEL IS "RED 2"</b></p> <ul style="list-style-type: none"> <li>Catch 5 out of 10 balls in a cone for Reception Skills</li> <li>Catch 5 out of 10 Lobster Catch with 2 rackets</li> <li>Make 5 out of 10 Drop and Hit Underhand Serves over the net</li> </ul> <p><b>Key Test Item: Serve</b></p>	<p><b>NEXT CLINIC LEVEL IS "RED 3"</b></p> <ul style="list-style-type: none"> <li>Catch 5 out of 10 Sandwich Catch (racket, hand and ball)</li> <li>Execute 5 out of 10 Lobster Catches with Drop and Hit FH's over the net</li> <li>Execute 3 out of 10 OH serves over the net</li> <li>Make 5 rally balls in a row with a coach (FH side and BH side)</li> </ul>	<p><b>NEXT CLINIC LEVEL IS "ORANGE 1 OR 2"</b></p> <ul style="list-style-type: none"> <li>Must be able to make 7 ball rally with another player of similar ability</li> <li>Must be able to make 7 out of 10 serves in correct box</li> <li>Must be able to change direction of ball &amp; hit XC or DL 7 out of 10 times with another player</li> <li>Must play in 3 tournaments or a league within the year</li> </ul>



## 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](mailto:lrteamtennismobile@gmail.com)

## Mobile Tennis Center 8 & Under Tennis Clinic

6-7pm

Mondays & Wednesdays

Cost: \$90 / 4 week session

### 3 Levels of Instruction:

**Red 1:** New & Less Experienced Players

**Red 2:** Moderately Experienced Players

**Red 3:** Experienced Players

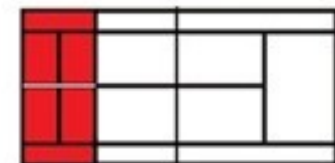
Ages 6-8

Red Balls, 36' Courts,  
19", 21" or 23" Rackets

Call or Come by  
Mobile Tennis Center City Desk to  
register

Cash or Credit Card Only

251-208-5181



36' Red Court