


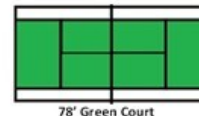


TOURNAMENT CLINIC - TUESDAYS & THURSDAYS - 4:30PM - 6:00PM

CRITERIA - Tournament Clinic	Tournament Clinic 1	Tournament Clinic 2	Tournament Clinic 3
COMMITMENT OF STUDENT: How many days per week your child should play Anyone under 13 years of age needs to have gone through our 12U Clinic Progressions prior to joining the Tournament Group.	RALLY: Player to Player MAIN EMPHASIS: Develop a Rally Ball <ul style="list-style-type: none"> Play 3-5 Days a week Attend Clinic 2 Days a week (Tues/Thurs 4:30pm - 6:00pm) Have 1 Lesson a week or hit on own at least Once a week Play 5 tournaments a year and play Junior Team Tennis Purchase Eye Coach and turn in homework documenting 1,000 hits per week Attend a minimum of 4 out of 8 Clinic Sessions Per Year 	RALLY: Player to Player MAIN EMPHASIS: Patterns and Directional Strategy <ul style="list-style-type: none"> Play 4-6 days a week Attend Clinic 2 Days a Week (Tues/Thurs 4:30pm - 6:00pm) Plus 1 lesson or play on your own Play multiple tournaments of USTA Level 3 or better Purchase Eye Coach and turn in homework documenting 1,000 hits per week Attend a minimum of 4 out of 8 Clinic Sessions Per Year 	RALLY: Player to Player MAIN EMPHASIS: Advanced Tournament Tactics <ul style="list-style-type: none"> Play 5-6 Days a week with tennis being your main or only sport Attend Clinic 2 Days a Week (Tues/Thurs 4:30pm - 6:00pm) PLUS lessons and play on own Enter and play Level 2 USTA Tournaments (Which are the most difficult US and Southern Tournaments) Purchase Eye Coach and turn in homework documenting 1,000 hits per week Attend a minimum of 4 out of 8 Clinic Sessions Per Year
AVERAGE TIME BEFORE ADVANCEMENT to "Next Clinic Level"	3-18 MONTHS	3-18 MONTHS	3-18 MONTHS or college acceptance
RALLY DEVELOPMENT/ PROGRESSION	<ul style="list-style-type: none"> Introduce hitting over high ropes Consistency: Players develop a "rally ball" and try to consistently make 10-20 ball rallies with height. Placement—Players need to hit cross-court to outside or near side lines away from middle. "Loading" and Open Stance with use of spin 	<ul style="list-style-type: none"> Combination of high rally balls & on the rise 2 on 1s using pull or directional strategies Developing a consistent "Rally Ball" that will be effective in tournaments. 	<ul style="list-style-type: none"> Use of 2 distinct rallies Defensive position up high Aggressive position on rise Consistency on rallies trying to make 5-10 shot rallies
SERVE	<ul style="list-style-type: none"> Learn to accelerate 	<ul style="list-style-type: none"> Training to use serve as a weapon 	<ul style="list-style-type: none"> OH Serve: Begin to hit serve with spin, location, and moderate power. Serve is a weapon. Start games and rallies w/serves 
Court Size, Color of Balls, Racket Size	<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 	<ul style="list-style-type: none"> Regular size court Yellow balls Appropriate size 27" racket
TACTICAL INTENTION	<ul style="list-style-type: none"> Use a high rally ball for consistency to back opponent up and create positive court position. Be able to hit rally ball and recover to off center recovery position Constructing points 	<ul style="list-style-type: none"> Student uses "directional pull" strategy 	<ul style="list-style-type: none"> Learn to play points and matches with emphasis on creating an advantage with serve and return
DRILLS/ACTIVITIES/GAMES	<ul style="list-style-type: none"> Intense Player to Player rallies 	<ul style="list-style-type: none"> 2 on 1 Drills Directional pull strategy On the rise drills 	<ul style="list-style-type: none"> First ball attack drills, mixing up pace and spin On the rise drills with aggressive court position
TESTING CRITERIA TO MOVE UP TO THE NEXT CLINIC LEVEL	NEXT CLINIC LEVEL IS "TOURNAMENT CLINIC 2" <ul style="list-style-type: none"> Proficient executing 5-10 ball rallies Success in USTA Tournaments 	NEXT CLINIC LEVEL IS "TOURNAMENT GROUP 3" <ul style="list-style-type: none"> Execute Pull or Directional Strategy Student can enter and compete in USTA Level 1 or Level 2 Tournament. 	NEXT CLINIC LEVEL IS COLLEGE OR PRO TENNIS



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 jrteamtennismobile@gmail.com

Mobile Tennis Center Tournament Tennis Clinic

4:30PM - 6:00PM

Tuesdays & Thursdays

Cost: \$120 / 4 week session

3 Levels of Instruction:

Tournament Clinic 1

Tournament Clinic 2

Tournament Clinic 3

Ages 13-18

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

