



# TENNIS ACADEMY

WITH A QUALIFIED LAWN TENNIS ASSOCIATION COACH



Want to experience Wimbledon-style grass court tennis? Bell's tennis Academy will develop players' understanding of the techniques and tactics of the sport on a range of different surfaces as well as supporting students' language learning within the tennis environment.

Our tennis academy will be coached by a qualified Lawn Tennis Association (LTA) coach who has experience working with all ages and abilities.

## SUMMARY

School:	The Leys
Venue:	The Leys, hard-court, astro-turf and grass tennis courts.
Tuition:	18 hours by a LTA Qualified Coach
Ages:	11-17
Levels:	Intermediate and Advanced
Staff Ratio:	1:12
Clothing:	Multi-surface tennis trainers, white tennis clothing, jacket
Equipment:	Students are advised to bring their own tennis racket, although Bell can provide equipment if needed
Fee:	£180 per course

## SAMPLE SESSION

TIME	LOCATION	SESSION CONTENT
13:30-15:00	The Leys – Tennis Courts	<ul style="list-style-type: none"> <li>Tennis specific warm up</li> <li>Backhand practice</li> <li>Modified tennis game focusing on the backhand</li> <li>Conditioned games focusing on the backhand</li> </ul>
15:30-17:00	The Leys – Tennis Courts	<ul style="list-style-type: none"> <li>Doubles matches</li> <li>Cool down – stretches.</li> </ul>

## STUDENTS WILL

- Learn, practise and improve a range of ball control and positioning skills such as serves, forehand, backhand and volleys
- Develop their understanding of different tactics on different surfaces
- Learn specialist vocabulary and useful phrases for playing and talking about tennis.

## COURSE OUTCOMES

Students will take part in a Wimbledon-style tennis tournament on the grass courts at The Leys. Certificates and prizes will be awarded to the students at an end-of-tournament presentation.



Play on a Wimbledon style grass court on this course. Learn how to control the ball on this uniquely British surface.