

## MONDAYs OVER 10

We work with green or orange ball (Stage 2 or Stage 3). Hopefully by now all technical flaws have been ironed out and we are able to increase the size of the court and have the kids playing on a bigger scale. We focus on footwork and positioning for maximum output on all shots.

### 6 Week Schedule

There's a increased focus on fitness and physical abilities. 15min of every lesson is spent on this. We then move onto plenty of rally balls in a controlled environment where we still pay attention to technique with the added dimension of mental toughness. Kids are placed every week into match situations that requires the use of all facets of the game. At the end of every cycle we test their skills with a tournament. This usually is a lot of fun and I encourage parents and friends to attend and see their progress. At the end of the 6 weeks all players should be able to enjoy a proper game of tennis on a full court.