

SANS SOUCI 2019 TENNIS PROGRAM

JULY 1 MONDAY

8:30-10:30 am: Beginners and Low Intermediates: LEARN AND PLAY

1 hour of fundamentals, 1 hour of doubles strategy

10:30-12:30: Intermediate – Advanced: DRILLS FOR SKILLS

1 hour technical review, 1 hour situational drills

JULY 2 TUESDAY

8:30-10:30 am: All Levels: LET'S GET FIT WITH A HIT

1 hour drilling, 1 hour situational drills Be prepared for a workout!

10:30-12:30: Intermediate – Advanced: BOOT CAMP

Hit and Move

JULY 3 WEDNESDAY

8:30-10:30 am: All Levels: RECEPTION/PROJECTION

If you fail to prepare, be prepared to fail. Tactical awareness: attack, defend or rally.

10:30-12:30 Intermediate – Advanced: ATTACKING SHOTS

Power ground strokes, kill volleys, overheads

JULY 4 THURSDAY

8:30-10:30 am: Beginner-Low Intermediate: BASIC DOUBLES STRATEGY

1) Positioning 2) Movement 3) Basic strategy

10:30-12:30: Intermediate – Advanced: ADVANCED DOUBLES TACTICS

1) Team work 2) Communications 3) Patterning/Positioning

JULY 5 FRIDAY

8:30-10:30 am: Beginner-Intermediate: LET'S PLAY BALL

1) Warm-up for best performance 2) Positioning during play 3) Anticipation

10:30-12:30: Intermediate – Advanced: LET'S COMPETE

1) 10 minute warm-up, 2) Figure out where the opportunities lie, 3) Strategy for success

JULY 6 SATURDAY

8:30-10:30 am: All Levels: FUN, GAME-BASED DRILLING

1) 2 on 2 Volley Competition, 2) Wag the tail, 3) Attack – Defend, 4) Champion of the Court, 5) Around the World

10:30-12:30: All levels: FUN, GAME-BASED DRILLING

1) Jai Alai, 2) Tie break challenge, 3) Elimination

JULY 7 SUNDAY: DAY OFF!

JULY 8 MONDAY

8:30-10:30 am: All Levels: BACK TO BASICS

1) Technical Feedback, 2) Bring your cellphone for video!

10:30-12:30: Advanced: LET'S GET TO WORK

1) Repetition for consistency, 2) Shot tolerance, 3) Decision making, 4) Fitness & movement

JULY 9 TUESDAY

8:30-10:30 am: All Levels: STARTING THE POINT

1) Serve and Return, 2) Technique, 3) Tactics, 4) Recovery

10:30-12:30: Intermediate – Advanced: STARTING THE POINT

1) First Serves, 2) Second serves – top spin, slice, oblique, 3) Return and Attack, 4) Return and neutral

JULY 10 WEDNESDAY

8:30-10:30 am: All Levels: BUILDING THE POINT

1) singles Tactics, 2) Target areas, 3) Tennis personality

10:30-12:30: Intermediate – Advanced: SINGLES TACTICS

1) Advanced Patterns, 2) The House, 3) Singles Drilling

JULY 11 THURSDAY

8:30-10_30 am: All Levels: ENDING THE POINT & SPECIALTY SHOTS

1) Butterfly volleys, 2) Over heads, 3) Drop shots, 4) The Sans Souci Slice

10:30-12:30: Intermediate – Advanced: ATTACKING

1) Power, 2) Precision

JULY 12 FRIDAY

PLAY DAY!

8:30 am until 12:30 All Levels

DROP IN ROUND ROBIN: 1) Practicing what we learned, 2) Putting it to the test

JUNIOR CLINICS

BOTH WEEKS:

Monday – Wednesday – Friday

2:30-3:30 pm: 5 to 7 years old

3:30-4:30 pm: 8 years old and up