



### **Stroke Production 1 Ages 7 -10**

Stroke Production 1 is for students who can hit fed balls from the baseline while demonstrating basic grip and stroke technique. These clinics will involve mostly basket feeding drills with the main focus on basic stroke and grip development.

In these sessions students will work on the following

#### **Technical**

1. Introduction of semi western grip on forehand
2. Introduction of a grip change on bottom hand of a 2 handed backhand
3. Straight back swing on both sides
4. "Stop" sign volleys and basic throwing action on serve.

#### **Athletic Development /Movement**

1. Ready moves (getting prepared to move to ball)
2. Recovery Moves (Moving back into position after contact)
3. Overall basic movement skills

### **Stroke Production 2 Ages 7 - 10**

Stroke Production 2 is for students who have graduated to rallying from the baseline while demonstrating proper form. More advanced stroke and grip development will play a major role in the clinic content. Children in this clinic will also begin to learn how to keep score and begin playing points.

In these sessions students will work on the following:

#### **Technical**

1. Introducing a loop or "c" on the forehand
2. Introducing continental grip on volleys
3. Introducing continental grip on serve
4. Rallying and point play from the baseline.

#### **Athletic Development**

1. Ready moves and a drop step (preparation and balance before moving to ball)
2. Basic contact moves (Hitting shot on balance) and recovery moves
3. Overall more advanced movement skills

### **Bosse Team and Advanced Drill**

Bosse Team and Advanced Drill are for the students who can now consistently serve, rally and play points. These children should also demonstrate a basic understanding of tactics and strategy during point play. These sessions will have a mixture of high intensity basket and live ball drills as well as match play. Bosse Team will occasionally have matches against neighboring clubs which will be held both home and away. Critique and analysis will also be given during and after the match play section of the clinic/match.

In these sessions students will work on the following:

#### **Technical / Tactics**

1. Fundamentals of rallying consistently from the baseline
2. Learning how to move opponent
3. Understanding of exploiting opponents' weakness during a match

#### **Athletic Development/Movement**

1. Advanced movement skills and technique while doing up tempo drills and match play.

### **High School Work Out**

The high school work out is an alternative for those students seeking a more social element of tennis but still wish to improve their game and at the same time benefit from high intensity drills. These students should have correct strokes and grips on both forehand and backhand and should also be able to rally consistently from the baseline as well as play points