

HAMPTON ROADS TENNIS ACADEMY LAYOUT

SCHEDULE

Monday

9:00 am – 9:20 am Dynamic Warm-up followed by live ball warm-up
9:20 am – 10:30 am Instructional Component
10:30 am – 12:00 pm Individual play

Tuesday- Friday

9:00 am – 9:20 am Dynamic Warm-up followed by live by warm-up
9:20 am – 10:30 am Instructional Component
10:30 am – 12:00 pm Team Competition

HAMPTON ROADS TENNIS ACADMEY: The tennis program is a play based program that is designed to improve a player's level of play. *During the instructional component various areas of player development will be emphasized and during the competitive play the areas of the instructional component will be reinforced.*

INSTRUCTIONAL COMPONENT: The following instruction components will be emphasized during the week. The emphasis of each component would vary among level. For example using the serve level 1 and level 2 players may primarily focus on pronation while level 7 and 8 players may focus on spin serves or extending their point of contact in front of their body.

Groundstrokes: Angular momentum, linier momentum, racket acceleration drills, continuous motion, recovery, are areas that will be emphasized in this instructional component along with grips be evaluated.

Mental training: There are several things to look for while players are on the court. Each of the following items indicate mental preparedness of players: Eye Control, Rituals, Pace, Breathing, High Positive Intensity, Project Relaxation and Calm, Mistake Management, Confident Fighter Image, Negative Self-Talk, Positive Attitude. Fitness and agility: The tennis players will be exposed to movement drills that enhance tennis movement.

Serving: The mechanics of the serve will be emphasized during this component. Areas include: pronation, continuous motion, velocity, spin serves, disguise, and serving strategy. Tactics: The players will be exposed to the five tactics of tennis. They are: Defense, Neutral, Maneuver, Attack, and Conclude.

Doubles: Position and doubles strategy will be emphasized during this component. Terminology such as net position, hot seat, one-up-one-back formation, follow the ball, two back return of serve will be used. Volleying: Players will be exposed to the technique of volleying along with the transition to volleying during the point. Circle under movements will be utilized to enhance the volleying experience.

TEAM COMPETITION: Players will be divided into teams to compete in various formats to earn points toward their team during the week. Modified play will be incorporated to reinforce the instructional components. During the team competition players will be competing against other players near their level of play.

UNIVERSAL TENNIS RATING: During the week the players will play sets and will be encourage to input their results into www.universaltennis.com. This is a rating system from 1-16 that provides an objective rating based on scores and provides a path for player development.

QUICK START TENNIS: Players who are progressing to playing full court tennis will be exposed to a play based program to quicken the experience.

EXTRA MATCH PLAY: As a value added part of our program will be offering match play in the afternoon beginning at 1:30 pm. You will just need to communicate to Fernanda Luiz the day before that you would like a match. You can e-mail her at fernanda@hamptonroadstennis.com or (c) 757.971.8074. Players can either bring a lunch or there are plenty of places to eat around the campus.

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