

WHAT YOU WILL SEE...

OUR SESSION STRUCTURE



All of our classes will follow the LTA Youth structure aimed to improve all aspects of children's development

1° WARM UP

An activity working towards the fundamental movements (abc's)



2° BODY & BALL

Working with a ball, children will improve reception skills and ability to control a moving object.



3° RACKET & BALL

Similar to body & ball but using a racket in game-based situations



4° GAME

Children will implement the rules of tennis in either a competition or age-relevant game.

