



Course Description:

Tennis isn't just great exercise, it also helps develop skills for life. My husband Brian Driscoll and I will custom tailor our program based on age and skill level to enhance overall fitness. We build hand-eye coordination, balance and body coordination, speed, strength and agility. We place a strong focus on responsibility and sportsmanship, building a positive work ethic, discipline, and enhancing mental strength and problem-solving skills.

Our class begins with a warm-up, footwork and hand-eye coordination drills. Afterwards, we will split the class into 2 teams allowing for more time on the ball. Over the course of our class, we will teach ground strokes (forehands/backhands), volleys, overheads, friendly feeds, serves, approach shots and how to keep score as well as the rules of tennis. As the students' progress, we will introduce how to rally against one another through a series of drills and games that build upon what they have learned creating a fun and empowering environment.

As this is an active class, we recommend athletic shoes, comfortable clothes and a water bottle.

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