

Intermediate Tennis Skills Course – Course Description

Format & Schedule:

- **Duration:** 6–8 weeks
- **Session length:** 55 minutes (1 session per week)
- **Coach-to-player ratio:** Max 1:8 for individualized feedback
- Intended for advanced players (e.g., NTRP ≥ 2.5 to < 4.0 or equivalent).
- **Structure per session:**
 1. Dynamic warm-up & footwork patterns (10–12 min)
 2. Targeted technical block (20–25 min)
 3. Live-ball tactical drill (25–30 min)
 4. Competitive set/serve-return games (20–25 min)
 5. Cool-down & metrics review (5–8 min)

Course Focus Areas:

- **Stroke Refinement:** Improve consistency and accuracy in forehands, backhands, and volleys.
- **Serve Development:** Learn advanced serving techniques, including spin and placement.
- **Footwork & Movement:** Enhance agility and positioning for better court coverage.
- **Shot Variety:** Practice lobs, drop shots, and approach shots to expand your tactical options.
- **Singles & Doubles Strategy:** Understand positioning, shot selection, and teamwork for competitive play.
- **Match Simulation:** Apply skills in real-game scenarios to build confidence under pressure.

Additional Features:

- Personalized feedback from experienced coaches.
 - Drills are designed to improve reaction time and endurance.
 - Guidance on mental focus and game planning.
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