

INVITATIONAL B TACTICAL SYLLABUS

GIRLS

BOYS

WHILE LEARNING TO BECOME CONSISTENT:

1. Learning to play percentage tennis, playing the right shot at the right time (rally, attack or defend) at a higher tempo.

2. Learning to stay in the point and neutralize with good defensive skills.

3. Developing an understanding of the importance of hitting to big targets.

4. Learning the skills to play early, usually at the top of the bounce with a closer position at the baseline.

5. Learning the ability to hit a flatter ball with consistency at a higher tempo.

6. Learning the ability to "hit through the court" via depth and tempo.

7. Learning to change rhythm with precision through the use of angles, slice, high topspin and the necessary skills to deal with these tactics.

8. Developing a clear intention of putting a high percentage of first serves in play.

9. Learning to return consistently with a quality ball when receiving a first serve.

10. Learning the ability to take control of the points from the return of 2nd serve via hitting from inside the baseline and through using a variety of targets (3 zones).

11. Learning the skills required to win points with swing volleys.

1. Learning to play percentage tennis, playing the right shot at the right time (rally, attack or defend) at a higher tempo. DNA Theory.

2. Learning to stay in the point and neutralize with good defensive skills.

3. Learning the ability to play with a high level of consistency (sustaining a quality rally ball) via the use of big targets.

4. Learn to take control of the middle of the court through the use of the forehand.

5. Learning to play wider (angles) and higher (via the use of heavy spin) and the ability to deal with both of these tactics.

6. Learn to use change of rhythm and spins in order to take control of the point. 8 opposites and variety.

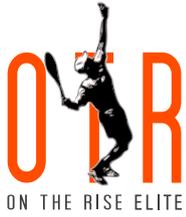
7. Learning to recognize and take advantage of attacking opportunities from 3/4 court forward utilizing 1-2 shot sequences.

8. Learn to create attacking opportunities/errors with your first serve (first through directing serve to weakness, then through additional precision). 1-8 Locations.

9. Learning to effectively neutralize with a quality ball when returning first serves.

10. Learning to dictate points on the 2nd serve return via hitting from inside the baseline.

11. Learning to add or reduce speed of balls with a variety of volleys i.e. angle, drop, put away.



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WHILE LEARNING TO BECOME CONSISTENT:

12. Learning to be aware of their opponents strengths, weaknesses and tendencies and how to neutralize and exploit them.

12. Learning to recognize and able to exploit/challenge opponent's weaknesses.

13. Learning to combine all aspects of their game/strengths to gain a competitive advantage.