





## Sample session

| TIME            | LOCATION                               | SESSION CONTENT  |
|-----------------|--|--|
| 13:30-<br>15:00 | Bell The<br>Leys –<br>Tennis<br>Courts | Tennis specific warm up Backhand practice Modified tennis game focusing on the backhand Conditioned games focusing on the backhand |
| 15:30-<br>17:00 | Bell The<br>Leys –<br>Tennis<br>Courts | Doubles matches  Cool down – stretches   |

## Develop a strong academic foundation for the future

Want to experience Wimbledon-style grass court tennis?

Our Tennis Academy will develop your techniques and tactics of the sport on a range of different surfaces as well as supporting your language learning within the tennis environment.

Our Tennis Academy will be coached by a qualified Lawn Tennis Association (LTA) coach who has experience working with all ages and abilities.

## On this Academy, students will:

- •Learn, practise and improve a range of ball control and positioning skills such as serves, forehand, backhand and volleys.
- Develop your understanding of different tactics on difference surfaces.
- •Learn specialist vocabulary and useful phrases for playing and talking about tennis.

## **Summary**

| Bell The Leys and        |
|--------------------------|
| Bell Tudor Hall          |
| Summer Explorer          |
| 2 weeks, 18 hours        |
| 11-17                    |
| Intermediate             |
| £205 per two week course |
|                          |

Please note that there must be a minimum of 8 students enrolled for this Academy to run.