

New
for
2012

A Series of Tennis Seminars

Thursday 9:30-10:30 pm

Starting Thursday 9th February after Social Tennis

Designed to show the theory behind the practical



- A series of 10 Seminars, with different topics covered each week.
- Emphasis on the theory behind the technique
- Seminars will be 1 hour
- Format will be presentation, video display of techniques, discussion, Q&A
- Price €4 per session, payable on the day at the door
- **All welcome**

Bar will be open, so relax and enjoy a drink while improving your Tennis Knowledge

Sample topics

Creating a game plan
Singles tennis strategy
Know the zones
Taking advantage of the short ball
Limit Direction Changes
Doubles: Whose Ball is it?
Control, Hurt, Finish

Using the dimensions of the court
DNA- Defend, Neutral or Attack
Serve Management
Identifying Opponents weakness
Doubles: What's my role
Switching the Rally
How to get consistency from back court