Kevin Ryan Total Tennis II, Inc.

Welcome to the KRTT School of Learning. Our goal is to develop the "**Total** "player within YOU!

This introductory program teaches you basic skills so you can develop quickly and efficiently after which, you will be ready to socially play the game of tennis. This beginner/advance beginner course will get you playing points and matches by the end of Tennis 102. The goal of this FOUR part program is to equip you with the necessary elements of technique, footwork, vision, and tactics to be successful in social/competitive matches.

The program will cover Five General Performance Components (Physical, Technical, Tactical, Mental and Environmental) to develop your tennis skills in an organized fashion. Specifically, this program is divided into 4 mini-courses (Tennis 101,102,103,104). The course is supplemented with curriculum "reminder emails," teaching videos, and on court handouts.

These Four - 10 week courses are designed to teach you:

- Six main strokes of tennis with related "hitting" footwork
- "Going to the ball" and "recovering from the ball" footwork
- Chip (underspin) and lob (underspin)
- Vision training
- Court position
- Shifting and staggering doubles position
- Three basic tactics for doubles
- Double compatibility
- Mental toughness
- Match play
- And much more.

Once you complete these 4 courses you will graduate into the **"Level Program."** This program has 11 levels to help you continue to grow in the future years. So, get ready to improve beyond what you can imagine is possible! Have fun and enjoy! And, thank you for the privilege to improve your game!!

Tennis 101- Goal is to develop **solid technique with related footwork**. We will also develop or enhance athletic skills utilizing drills that include throwing, catching, eye/hand coordination with movement, split step, side shuffle, crossovers, turn and run, back gallop, and tracking the ball.

- Forehand and Backhand Groundstroke Technique with *five* related footworks
- Volley and Overhead technique with *three* related footworks
- Serve Technique with o*ne* related footwork
- Return of Serve Technique with *two* related footworks
- Overhead technique with *three* related footwork
- Split step training

Tennis 102 – Goal is to combine the different shots with footwork. Emphasis will be on "T**ransitional Shots"** or moving forward (sometimes backward) from one shot to the next. For example, an approach shot to the Volley or return of serve to the Volley. This course creates simulations by using specific drills and point play patterns to resemble a real match.

- Review and combine all the different techniques with related footwork in drills and point play.
- Transitional shots (approach to volley, first volley to second volley, volley to overhead, return and volley and serve and volley) with appropriate grip changes
- Triple Vision Training including recovery and split step
- Court positons
- Scoring/ Doubles Points/Match play

Tennis 103 – Goal is to focus on **serve and return technique /tactics** as well as develop defensive shots (chip and lob).

- Review and combine all different shots and related footwork in drills and point play
- Serve and Return drills to focus on the first 2 balls hit
- Chip shot and underspin lob and half volley
- Three basic tactics when serving and returning
- Professional Analytics for match play – look at percentages to help us set goals in a match
  (Ex. Average point length for all levels is 4 times over the net)
  (Ex. If you focus on the first two points and achieve a 30-0 lead, you have over an 80% chance to win the game)
- Point and Match play

Tennis 104 – Goal is to focus on **partnership compatibility and basic responsibilities** on the court**.** We also introduce the mental side of tennis and how to be strong mentally in a match situation. This course will spend more time in point play and match play.

- Shifting and Staggering positions
- Partnership compatibility and responsibilities
- Mental Toughness to help you perform under pressure (ex. How to stay in the present, momentum training, adversity training)
- Point and Match play