Kevin Ryan Total Tennis

Discover the "Total" Player in You!

Director's 5 or 10 Week Lesson Packages

Technical Lesson Plans

A) Learn a Variety of return and serve options with tactical applications.

This package introduces a variety of serve and return patterns. It will include learning the topspin and slice serve and various patterns to follow these particular serves. And will also cover the chip return (underspin) and the underspin lob. Some of the patterns that will be included are: the chip and charge, chip and groundstroke, and the underspin lob and volley/overhead.

B) Learn the Volley and Overhead with target training and tactical applications.

Enhance your repertoire - Develop different types of volley and overheads. This lesson package will cover the hard volley, soft volley, drop volley and the lob volley. You will learn how to hit an aggressive overhead, an angled overhead and a neutral/defensive overhead. We teach not only how to hit but when and where to hit these various volleys and overheads.

C) Learn and Develop an Aggressive Forehand.

This advanced segment includes teaching and/or refining your open stance with a high set forehand. You will learn and understand the biomechanical link system required to hit an aggressive forehand. You will learn when to hit this aggressive shot and where to hit it on the court. This package will review how to finish "short sitters," the easy ones!?

D) Learn the Five Elements of Ball Control.

Educate yourself about how to correct your errors in match-play by implementing these aspects of ball control. You will learn how to utilize spin, speed of racquet, height, depth and placement of ball. Combining these elements will help you to become more consistent and develop a reliable neutral ball.

E) Learn and Develop your Groundstrokes.

This segment focuses on enhancing your directional groundstrokes (crosscourt, down the line, down the middle) as well as developing the short angle crosscourts and the moonball.