Kevin Ryan Total Tennis

Discover the "Total" Player in You!

Technical and Tactical Lesson Plans for Singles

A) Develop 4 different tactics for singles.

This package of lessons will cover the 1:2 punch, 1:1:2 punch with regular groundstrokes, the inside out forehand to open up the court, the moonball and attack, and the use of the underspin ball to draw opponents into net or draw them off the court.

B) Learn 4 types of directional return of serves using topspin and underspin with tactical application.

This segment focuses completely on the return of serve. The return of serve is probably the most important shot in tennis!

C) Learn how to enhance your "serve and volley" and "return and come in" game-plan.

Learn to use 2 ball patterns within these two offensive tactical plans. This is a great lesson package to learn to apply pressure and develop a diversified playing style.

D) Learn and develop a slice backhand to enhance a neutral game plan and the ability to change the pace of the ball.

You will also learn a chip return to defensively handle those big serves. These two shots will limit your unforced errors and be a tool to break timing and rhythm of your opponent.