

English
THROUGH

Tennis

Suitable for all levels of tennis player, Exsportise offers a programme aimed at improving the skill level of every one of its students.

We provide a multi-ability tennis programme to ensure that we address the needs of every standard of player. On day one of camp, all students are given a skills assessment and placed into the appropriate group.

Our coaching programme covers all physical and mental aspects of the game. We look to improve basic techniques, as well as shot selection and increasing power and consistency. We will cover fitness, agility and overall match play.

For advanced and experienced players we offer a more intense and advanced level of coaching, which may include video analysis, game and match tactics, fitness planning, nutrition and injury prevention.



> OUR OBJECTIVE IS....

to develop players in terms of their skills, fitness, confidence and social enjoyment. English skills develop quickly on the court as players take instruction in English from coaches on individual aspects of their game.





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Tennis offers many wonderful social opportunities. The ability to walk onto a tennis court with confidence in a multi-national environment is a truly great asset in life.

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English THROUGH Tennis

COURSE DETAILS

- Suitable for all levels of experience and ability
- LTA and PTR qualified coaches with international playing experience and world rankings
- Core technique including all strokes, shot selection, increasing power and consistency
- Mental aspects of the game including confidence, match and competition practice

FOR ADVANCED PLAYERS:

- Higher intensity coaching and technical assistance
- Opportunity to play on different surfaces
- Video analysis
- Nutrition, fitness, strength and injury prevention
- May include early morning fitness training

 Available at:

OUNDLE • CLAYESMORE • SEAFORD • WORTH



15
HOURS

15 HOURS COACHING
per week
7.5 hours if doing Intensive English

Average Coaching Ratio

1:6 