

# Play Fluid Tennis



We offer private tennis training for all ages, whether for casual hitting or for competition play in singles, doubles and mixed.

## **Learn proper mechanics using your legs and core to hit with better control, faster pace and prevent common tennis injuries:**

- ✓ control the shot pace you want
- ✓ control the shot height over the net
- ✓ control the shot direction
- ✓ control the amount of top/underspin to generate on a shot

Good: we do feeding drills to build proper muscle memory.

Better: we also rally to build anticipation, footwork, shot selection!

## **Progression to get into casual play is to learn:**

- forehand and backhand to keep ball in play for longer rally
- serve, volley, and overhead for a well rounded game
- develop more shot varieties, including varying top/underspin
- simple defense strategies

## **Progression to get into competitive play is to learn:**

- aggressive forehand and serve
- defensive strategies to stay in the point longer
- aggressive backhand, volley, and overhead
- develop more shot varieties, including varying top/underspin
- aggressive strategies to construct and win points
- competition strategies for singles and (mixed) doubles

## **Training session packages (no expiration nor cancellation fee):**

One coach — Tony: 5 hours for \$600 and 10 hours for \$1000

Second coach: deduct additional .5 hour for each hour of training  
(ideal for two players for more training and doubles match play)