ENGLISH

English™ THROUGH

+Tennis

"I always work with a goal - and the goal is to improve as a player and a person."

RAFAEL NADAL

Exsportise tennis aims to give all its players of all levels, from beginner to advanced, the opportunity to train in a totally professional and detailed programme.

Available at:

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The programme has been devised with first-hand knowledge gained from consultation and working with some of Europe's top academy and current tour coaches.

> 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.

Our methodology combines the four pillars of player development: Technical-Tactical-Physical-Mental. All the teaching, drills and exercises encompass these four pillars to create a single integrated system, based on the commonalities of top players today.

We encourage every player, whatever level or age, to improve and maximise their potential.

To achieve this, players are required to show complete commitment and a willingness to push themselves to attain higher levels in a short time period.

Most importantly, we assist in developing the necessary performance behaviours of discipline, resilience, dealing with adversity, responsibility and accountability, correct focus while having respect for other players and staff.

COURSE DETAILS

- 15 hours of coaching per week
- Suitable for all ability levels with a minimum of one year's experience and basic knowledge of the game.
- Technical skills including all the key strokes and how to tactically incorporate them into the game
- Physical skills including hand-eye coordination, speed, agility, balance and latest movement patterns
- Mental skills including resilience, responsibility, perseverance, decision making and respect

Average Coaching Ratio

1:6