

Guide to Adult Coaching Pathway

Intro/Beginners Coaching
An introduction to all the basic shots, rules and strategies of tennis



Improvers coaching
Develop new tactics while developing their technique



Internal Mini League
See page on website



Social Tennis Mix In
See page on website



Team Practice
See page on website



Inter Club Team League Matches
See page on website

Beginner players

Improver players

Intermediate players

Intermediate Coaching
To further your knowledge of match play tactics and maximise your technical ability



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