

## **What to Expect: Pathway to Match Play in 12 Weeks**



### **Weeks 1-4: Four 90-minute sessions: Learn the basics**

- Have FUN! The emphasis is on learning basic tennis skills in a fun, encouraging environment!
- Learn basic technique and practice drills for a forehand, backhand, serve and volley.

### **Weeks 5-8: Four 90-minute sessions: Learn to play points**

- Continue emphasizing and practicing the skills learned in weeks 1-4 at the beginning of each session.
- Emphasize point play in singles and doubles situations

### **Weeks 9-12: Four 90-minute sessions: Learn to play a match, no ad scoring**

- Continue emphasizing and practicing the skills learned in weeks 1-8 at the beginning of each session.
- Learn how to play a basic match, score keeping, and match format as both server and receiver.
- Learn the basics rules of singles and doubles