



**MIRAMONT**  
LIFESTYLE FITNESS

# Junior Competitive

## Session 3 Schedule



### Week 1

*11/23/09* **Forehand and backhand volley**

- Instruction
- Drilling with point play

*11/26/09* **No class**

- Thanksgiving

### Week 2

*11/30/09* **Introduction to groundstroke and serve and return**

- Instruction on fundamentals of groundstrokes
- Drilling with singles play

*12/03/09* **Volleys and approach shot**

- Building on the fundamentals with foot work and placement
- How to determine best decision for approach through instruction and point play

### Week 3

*12/07/09* **Serve and return**

- Drills and points for positive reinforcement
- Goal is consistent second serve and reliable return

*12/10/09* **Overhead and lob**

- Demonstration of proper technique
- Drills and point play to solidify the shots



**MIRAMONT**  
LIFESTYLE FITNESS

# Junior Competitive Session 3



## Week 4

### *12/14/09* **Review of shots covered to this class**

- Looking for improvement in all areas of the game through drills and instruction

### *12/17/09* **Passing shots and inside out forehand**

- Drills for the down the line passing shot and crosscourt shot
- Placement at targets and point play

## Week 5

### *1/04/10* **Review of students game**

- Evaluation of improvement in consistency and placement through drills and target practice

### *1/07/10* **Singles Strategy**

- Development of a game plan
- Recognition of opportunities on the court and mental toughness thru point play

## Week 6

### *1/11/10* **Doubles Strategy**

- Practice different formations and patterns on the court with movement as a team to create a winning game plan.

### *1/14/10* **Review of the prior weeks**

- Drills to focus on all aspects of the game to gauge students improvement
- Pressure situations with point play

## **13<sup>th</sup> Class — Bring it on!**

Target Practice with prizes play for team points and Play against the Pros.  
(Students get to play the instructors of the Sessions.)