TENNIS (ADVANCED)
Class Syllabus
Instructor: Bill Bower

Brief Description:
This hour-long class assumes the student has had previous instruction and playing time. A student should display proficiency in all of the basic strokes. Many will have played on high school teams. This class will include refining technique where needed, as well as advanced drills and games.

Learning Objectives for Students:
- Refine and improve stroke production.
- Improve technique through drills and games.
- Learn advanced strategy for singles and double play.
- Build self-confidence and develop camaraderie within the class.

Weekly Class Outline:

Week 1: Introduction, advanced explanation of the loop and the straight back forehand and backhand, how to return topspin, drills and games.

Week 2: The two ways to hit a volley, volley drills and games.

Week 3: How to hit a high ball, explanation of the approach shot, approach shot drills and games.

Week 4: Explanation of the overhead, overhead drills and games.

Week 5: Advanced explanation of the serve, how to hit a second serve.

Week 6: Singles strategy, drills and games simulating singles play.

Week 7: Doubles strategy, drills and games simulating doubles play.

Week 8: Playing Day, fun group games, farewell.