TENNIS
(BEGINNER/ADVANCED BEGINNER)
Class Syllabus
Instructor: Bill Bower

Brief Description:
The primary focus of these hour-long tennis classes will be stroke production. The basic fundamentals of the Forehand, Backhand, Volley and Serve will be taught and demonstrated. When the students are ready, drills and simple games will be introduced.

Learning Objectives for Students:
- Learn the fundamentals of the forehand, backhand, volley, and serve.
- Implement drills and games to improve technique.
- Build self-confidence and develop camaraderie within the class.

Weekly Class Outline:
Simple yet accurate stroke production (forehand, backhand, volley, serve) for the beginning and advanced beginning student will be achieved through explanation, demonstration, and encouragement. The advanced beginning class will move at a faster pace than the beginning class.

Week 1: Introduction, grip explanation, introduction to the forehand stroke, dropping the ball to oneself, how to run to the ball, running drills.

Week 2: Forehand warmup and review, introduction to the backhand stroke, how to run to the ball on the backhand.

Week 3: Warm up rally, combination forehand/backhand drills, correction game, review.

Week 4: Warm up and stretch, introduction to the volley stroke, running volley drill.

Week 5: Warm up and stretch, rally with forehand, backhand, and volley, combination volley drills.

Week 6: Warm up and stretch, introduction to the serve, stroke production games.

Week 7: Warm up with a game, review of the serve, how to score a game.

Week 8: Warm up, stretch, and rally, coming in a short ball, review of all strokes, farewell.