TENNIS (INTERMEDIATE)
Class Syllabus
Instructor: Bill Bower

Brief Description:
This hour-long class assumes a basic understanding of tennis fundamentals. However, the class will be organized in such a way as to refine the students’ stroke production (basic fundamentals) as needed. More drills and games will be utilized at this level. More advanced strokes will be introduced, including the approach shot, the overhead, and how to hit a high ball. Singles and Doubles strategy will also be introduced.

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

Weekly Class Outline:

Week 1: Introduction, review of forehand stroke, forehand/backhand drills and games.

Week 2: Review of backhand, correction drills and games.

Week 3: Forehand/backhand drills, review of how to run to the ball, how to deal with high balls.

Week 4: Introduction to top spin, one-handed or two-handed backhand, forehand/backhand drills with volley.

Week 5: Review of the volley, running volley drills, combination forehand/backhand/volley drills and games.

Week 6: Students rally with each other, introduction to overhead, overhead drills, 5 corner drill.

Week 7: Introduction and strategy to the approach shot, advanced drills and games

Week 8: Singles and doubles strategy explanation and games, farewell.