

TEACHING TENNIS

FROM TOTS TO TEENS

The Complete Guide for Coaches & Parents

Steven White

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More and more parents and coaches are introducing their children to the game of tennis. As a certified tennis instructor, I am teaching more young children than ever before in my career. Many of these children embrace the game and continue playing into their teens and adulthood.

This guide is written with several purposes in mind for parents and coaches and their players. First, this guide is for those who want to introduce the great game of tennis to beginning players as young as age 5. Second, this guide includes information for teens (also referred to as “Juniors”) who want improve their existing game.

This guide is organized into four major sections:

PART 1: SMALL CHILDREN. This section addresses the special considerations required to teach the “beginning beginners” as young as age Five. It discusses how children react on the court physically, mentally and emotionally.

PART 2: THE TEEN YEARS (JUNIORS). This section discusses techniques of the game in more depth in keeping with this age group’s physical and emotional development. This section

covers material associated with the phases of player development, practice techniques, game styles and performance.

PART 3: PROTOCOL FOR INSTRUCTORS. For those of you who are venturing into teaching, or wish to strengthen your teaching skills, this section is for you. Recognizing that some parents and coaches come to the courts without a frame of reference, this section discusses giving lessons, explaining techniques, methods for instructing, court safety, making corrections, how to talk to players about improvements, using equipment, and organizing & planning.

PART 4: GIVING LESSONS. This section presents information on 17 specific lessons for teaching tennis.

The principles throughout this guide are supplemented with photo-illustrated sequences to help you visualize the techniques and mechanics of basic and advanced shot-making.

Part One

Small Children

