



HITT

HIGH INTENSITY TENNIS TRAINING
@Sunrise Tennis Club



COMPETITIVE DEVELOPMENT PROGRAM

Theme: Training and Competition



Program curriculum based off of USTA Player Development specifications.

COACHING EMPHASIS:

Physical: complex coordination and movement, linear/multi-directional speed, core and shoulder stability, injury prevention and fitness testing, flexibility, rest and recovery

Tactical: playing the ball at different heights, high percentage tennis, development of game style, tactics for different surfaces, offense and defense in all game situations

Technical: appropriate footwork patterns, developing racket head speed, developing use of spin, ball speed control, shot selection, beginning weapon development

Mental and Emotional: goal-setting, self-discipline, resilience, decision-making skills, developing pride in effort, training, performance

Schedule:
Monday-Friday: 4pm-7pm

Price:
\$45 per class / \$180 per week

Ages: 10-18+

Ages: 16+