

LEVELS OF PLAY TO HELP YOU FIND THE BEST TENNIS SESSION FOR YOUR GAME

LEVEL & LTA RATING		DESCRIPTION
BEGINNER	9.2	SERVE and RALLY with an orange or green ball. Serve is underarm or overarm and double faults are common. Rallies are often short and slow paced. Contact points are inconsistent and many strokes are played off balance. Players are able to play a short match and most play is on ¾ of the court. Players will be uncertain of rules and scoring.
	9.1	SERVE overarm and RALLY with a yellow ball on a full court. Serves are inconsistent and the action may not be continuous. Double faults are common. Rallies are short and slow paced. Players are able to play a short match in singles and doubles. RALLY 6-8 shots in a row with another player, mostly slow paced, favouring forehands. PLAY AT NET and volley when already at net, preferring forehands, reluctant approach.
IMPROVER	8.2 8.1	SERVE with a full action and increasing pace, getting the ball in with increasing pace RALLY 10 in a row with another player, varying pace, some control of direction and with topspin on the forehand and occasionally on the backhand. PLAY AT NET with volleys on both sides, can contact on overhead. Players will recognise opportunities to approach the net. PLAY AGAINST NET PLAYERS with intentional lobs but with little control.
	7.2	SERVE with an action, which has some rhythm. First serve has some power. Second serve is much slower. RALLY 12-15 with another player, some with good pace, can hit straight and cross court but many shots go to the middle PLAY AT NET and approach the net if necessary. PLAY AGAINST NET PLAYERS by lobbing the return of serve.
INTERMEDIATE	7.1 6.2 6.1	SERVE with increasing placement for both serves and some use of spin; occasionally forces errors. RALLY with good depth and width, and with a variety of topspin and slice. PLAY AT NET volleying with control of depth and direction following a planned approach. PLAY AGAINST NET PLAYERS using offensive lobs and passing shots.
ADVANCED	5.2 TO 1.1	Players range from top club team standard to county, regional and national levels. PLAY with a predominant game style based on use of strengths. Able to change tactics and strategies depending on surface, the opponent and the progress of the match. SERVE aggressively, effectively and consistently with power and variety of spin on first and second serve. At this level the serve will be an effective weapon. RALLY by varying trajectory and speed for effective offensive and defensive play. Players will be able to play advanced patterns knowing when and how to attack, defend and counter-attack the ball at different heights on both sides. PLAY AT NET to win points using a range of volleys and overheads. PLAY AGAINST NET PLAYERS by neutralising opponents attacks and turning points around by passing shots, two-shot passes and lobs.

PROFESSIONAL INDIVIDUAL COACHING

We have a terrific team of LTA Professional Coaches to help you take your game to the next level. If you need any advice on how to choose a coach or organise lessons please email us at INFO@GFORCETENNIS.CO.UK



ADULT PROGRAMME 2023

CLUB SESSIONS

COACHING DRILLS

LEVELS OF PLAY

PROFESSIONAL INDIVIDUAL COACHING

GFORCE ADULT TENNIS PROGRAM 2023

DAY	TIME	ACTIVITY	SESSION	MAX NO	LEVEL	COST
MON	9.30-10:am	RACQUETS WELCOME	INTRODUCTORY SESSION FOR NEW MEMBERS	3	ALL	FREE
MON	12-1.30pm	PICKLEBALL SESSION	PICKLEBALL SESSION	12	ALL	£5
TUE	10-12pm	CLUB SESSION	TUESDAY CLUB SESSION (COACH LED)	20	ALL	FREE
TUE	1-2pm	CARDIO TENNIS	CARDIO TENNIS	12	ALL	£10
TUES	7-8pm	DRILLS	DRILLS SESSION	8	Intermediate	£10 PER SESSION
WED	8-10pm	CLUB SESSION/SOCIAL EVENING	WEDNESDAY CLUB SESSION (COACH LED)	20	ALL	FREE
THUR	7-8.30pm	INETRMEIATE COACHING AND MATCHPLAY	INTERMEDIATE COACHING	8	Intermediate	£12.50 PER SESSION
FRI	10-12pm	CLUB SESSION	FRIDAY CLUB SESSION (COACH LED)	20	ALL	FREE
SAT	2-4pm	PICKLEBALL SESSION	PICKLEBALL SESSION	12	ALL	£5
SUN	3-5pm	CLUB SESSION	SUNDAY CLUB SESSION (COACH LED)	20	ALL	FREE

CLUB SESSIONS

What happens at Club Sessions?

Our Club Sessions are almost always 'doubles based' and are an opportunity for Members to compete with other Members in a series of mini matches. Singles is sometimes played at Club Sessions but this never takes preference over doubles. Booking is required to attend club sessions. This is due to the availability of courts. This is particularly important for member led sessions as it will give the players who are organising the session a good idea of how to organise the rotations.

How do the matches run?

You will play two 45 minute doubles matches arranged by the Pro or the players themselves when no Pro is present during member led sessions. It will be standard sets and scoring. After each match, you will be mixed up giving you the opportunity to play with new people and meet new players in a fun, social environment.

What can I expect from a tennis Pro at a Coach Led Club Session? Will she or he be coaching me?

The Pro is there to make the session run smoothly; to organise the play; to join in as necessary; and to offer a few helpful tips as appropriate. Club Sessions aren't coaching sessions as such; but our Pros are always happy to help. So, if you are stuck or need a (tennis) problem solving they are on hand to give your game a boost.



CLINICS

Racquets Welcome is your chance to meet our Team and get to know our Programme. A great place to get your tennis questions answered and find out how you can get involved in our programme.

Pickleball is one of the fastest growing sports in the world and is suited for all ages and abilities. Played on a court similar to size as a badminton court with a softer ball. It is fun but easier on the body compared to tennis.

Cardio Tennis is a high energy fitness that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Most players can burn between 500 and 1,000 calories a session!

Drills sessions are an intense 90 minutes of shot specific drills to help develop your technique and skill. These are aimed at our more experienced match players looking to improve their technique and tennis performance.

Coaching and match play sessions are high tempo sessions suitable for players who regularly compete. Tactical and technical group coaching in match play situations with players of a similar standard.