

# CTA UPDATE

tennis coaching | tennis fitness | tennis performance

## tennis coaching

The Adult Coaching Timetable has now been finalised. It will commence 6th January 2014 through to 6th April, inclusive. CTA will then put in place the Spring Adult Coaching Timetable. Full details inside this Update.

## tennis fitness

Try this at home. **THE PLANK.**



See how long you can hold this position, in good form. If you can hold for two minutes, that's great core strength. Let us know how you get on.

## tennis performance

Doubles. We all play it. We all think we know what we're supposed to do. But it's always good to take a look at some reminders on our gameplay, to try the next time we're on court. Read part one of the article in this Update "Common Sense for Doubles".

## Adult Coaching Timetable. Refreshed and ready to go 6th January 2014

The revamped Adult Coaching Program has met with great success over the last year or so. CTA is pleased to see so many of you taking advantage of the sessions available, whether as part of a Group, an Individual or a doubles pair.

Commencing 6th January CTA will continue with the successful sessions that proved popular in 2013. In addition, we will be experimenting further with a few more sessions during the week for you to try if you are able.

The timetable will be published online and available to pick up from the Club House to help you plan your week and see what's on offer.

We will see the Adult Beginner Group sessions continue with a few additional times; The Adult Improver Sessions will have one or two extra time slots; Cardio Tennis will be a regular feature, too. A little later in the year, other new sessions will include sessions for Parents with pre school toddlers; more School Sessions; themed events and more.

If you think that you would like to attend more than one of the advertised Coaching sessions per week on a regular basis and are perhaps concerned about the accumulated costs, please come and see AJ or David and we will happily explain how our CTA bespoke programs work. In essence they work similarly to a gym membership, where you pay for the freedom to attend as many sessions per week that are on offer for the duration of your chosen Membership. A more detailed explanation and how we can personally bespoke a Coaching program for you can be obtained by having a chat with us.



**WHO WE ARE  
AND WHAT WE DO**

Available for your information is a leaflet entitled, 'Who We Are and What We Do'. This is a simple outline of CTA's Coaching Prices and basic offering. Queries can be sent to [info@ctasussex.co.uk](mailto:info@ctasussex.co.uk) or pop in and visit us and speak to AJ when he is free. This leaflet is printed for you to collect from the Club House or you can view it online on the Crowborough Tennis Club website, under Coaching/CTA Sussex.

**WHO SAID THAT?  
HAVE A GUESS...**

“I can cry like Roger, just a shame I can't play like him.”  
— ????

“You kind of live and die by the serve.”  
— ????

“My greatest point is my persistence. I never give up in a match. However down I am, I fight until the last ball. My list of matches shows that I have turned a great many so-called irretrievable defeats into victories.”  
— ????

**Common Sense for Doubles (Pt One)**

First of all, doubles is about percentages. Many think their job is to cover their side and the partner should cover his/her side (50/50%). In doubles, each player's court coverage should be 75%.

**The serve**

By getting your first serve in, you put your opponents on the defensive and your partner has a chance to poach about 70% of the time. On a second serve, you put your team on the defensive, and the chance for your partner to poach drops to 30%. Try to add kick or slice when you intend to serve and volley.

**Hitting through the middle**

- 1) the net is lower
- 2) the court is much longer diagonally, allowing you to hit deep groundstrokes
- 3) you confuse the attacking players if both your opponents try to come to the net

**If opponents are tall**

If you are competing against tall players and they are attacking, keep the balls low. Dip the balls with heavy topspin, making your opponents bend low. A slice or a chip is also a nice option. If you choose the slice, then prepare early and take it on the rise. In a rally situation, mix your hitting with topspin and slice to destroy the rhythm of the rally. Remember, tall players are usually hard hitters.

**If opponents are small**

If your opponents are small and are at the net, your best option is to lob over them. Hitting through the middle will also work. In rallies, hit deep and high, wait for a weak shot, then attack.

When both of you are at the net and your opponents are at the baseline cover the middle together. Both partners must attempt to take the ball that comes through the middle. It is better to be greedy than to let the ball go through the middle with neither of the partners making contact.

To put this into practise on court with a Coach ask us via [info@ctasussex.co.uk](mailto:info@ctasussex.co.uk)