

# Junior Development Tennis Program



FALL 2021

Register Online at [estc.org](http://estc.org)

## ■ FUTURE STARS

### **Future Stars 1**

*Monday/Wednesday 3:30 - 4:30pm*

This class uses the red ball and 36' court from the QuickStart 10 & Under curriculum. The focus is on hand-eye coordination and movement along with development of basic groundstroke and volley techniques. As student skills progress, basic point play and scoring are introduced.

### **Future Stars 2**

*Tuesday/Thursday 4:00–5:00pm*

In this class, the orange ball and 60' court from the QuickStart 10 & Under curriculum are utilized. As the court gets larger, there is an increased focus on stroke development and proper footwork. Students are introduced to the overhead serve, basic match play and scoring. Time is spent improving court positioning skills in fun, competitive point play formats.

### **Future Stars 3**

*Tuesday/Thursday 4:00–5:00pm*

A combination of orange and green dot balls from the QuickStart 10 & Under curriculum is used, with an emphasis on more advanced stroke technique and footwork. Point play-based drills develop an understanding of positioning and basic strategy with the goal of preparing students for tournament match play.

## ■ RECREATIONAL PATHWAY

### **Middle School/High School**

*Thursday 6:30–8:00pm*

This class is for players with little prior instruction who want to learn the fundamentals and enjoy playing tennis. The curriculum includes learning proper grips, stroke technique, footwork, movement and positioning. Students have significant exposure to basic point play and an introduction to match scoring.

### **Varsity**

*Not offered during the fall season.*

This class is for high school varsity players preparing for the upcoming season. Students are placed in a variety of point play drills to develop a better understanding of singles and doubles strategies. Footwork, stroke technique and positioning are emphasized with the goal of improving overall match play skills.



## ■ PERFORMANCE PATHWAY

The Performance Pathway is for junior players with a moderate to high level of experience. These students are dedicated to improving their game and becoming better tournament players. *Instructor approval required.*

### **Tournament Competition 1**

*Tuesday/Thursday 5:00–6:30pm*

This class focuses on stroke development and positioning. Students learn to improve topspin on their groundstrokes, to properly use a slice, and to add spin to their serves. There is also a focus on recovery between shots and proper positioning for most situations.

### **Tournament Competition 2**

*Monday/Wednesday 4:30–6:30pm*

Significant time is spent applying the lessons of TC 1 in point play drills, with an emphasis on advanced footwork and movement. Students learn to move more efficiently around the court, as well as proper pre-stroke footwork sequence and balance. Match play strategy, in both singles and doubles, is another focus.

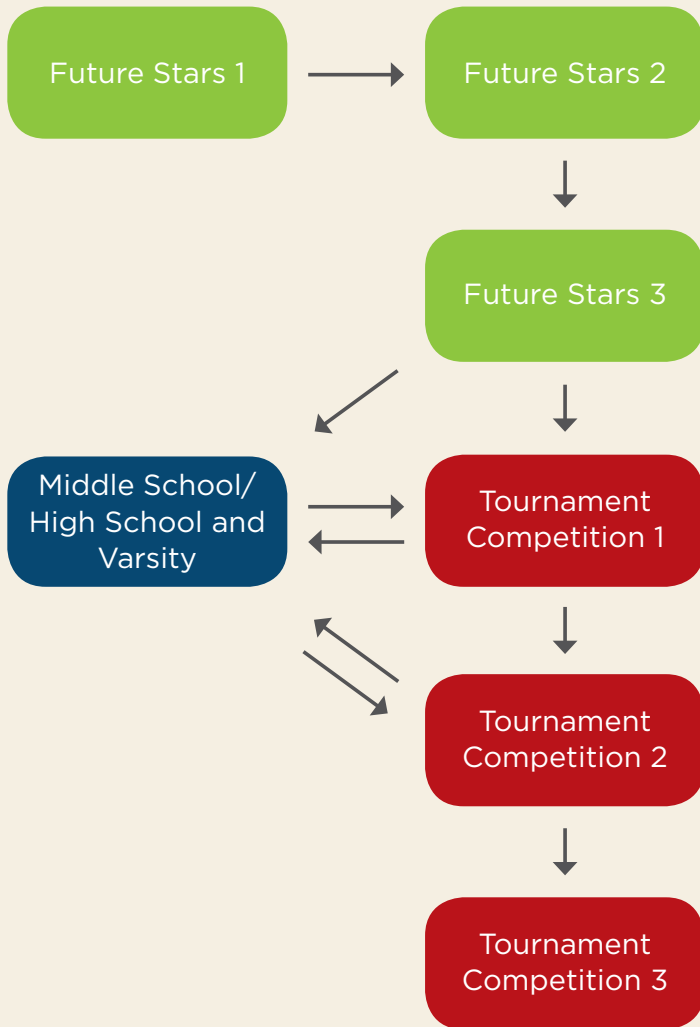
### **Tournament Competition 3**

*Tuesday/Thursday 4:30–6:30pm*

Reserved for our highest level, most experienced junior players, this class focuses on point construction, directional patterns, shot selection and advanced strategy. Students also receive more conditioning, footwork training and movement drills. The mental game is emphasized as students play in different competitive point play scenarios.

# PATHWAYS

The ESTC junior tennis program begins with the Future Stars series. After this series, the program breaks into a recreational path and a more competitive performance path.



- Future Stars
- Recreational Pathway
- Performance Pathway