

Tennis Pre Camp

Tennis instructors are hired with differences in their personal skill levels, and based on this skill level, they may teach classes ranging from beginners to advance. Our pre camp goal is to have all of our instructors arrive with the same basic knowledge of tennis terms and ready to demonstrate the proper basic skills. This will allow us to focus our camp training on interactive ways of teaching and coaching kids.

The tennis program at Foley is designed to teach campers the basics as well as advance their skills by challenging them. There are two regulation hard tennis courts, and beginner rackets are supplied to campers. There is also a hopper of tennis balls for instructional use and a Lobster Ball Machine.

TASK:

1. Review the rules and etiquette of tennis. Visit these websites to assist you or refresh yourself as needed:

<http://tennis101.com/>

<http://www.usta.com/Improve-Your-Game/Rules/>

2. Email the following to alli@campfoley.com

-For some help in tailoring your skill drills and to help with your preparation please visit and read – <http://www.teachkidshow.com/teach-your-child-how-to-play-tennis/>

- ♦ **Three** *creative* and *lively* warm up routines.
- ♦ **Two drills** for each of the following skills:

Forehand	Volleys	Serves	Lobs
Backhand	Grip	Returns	Drop Shots
- ♦ **Four** games/drills that include all of the skills. Be creative! Think fun! Campers really enjoy skill-builders that are fun and more game-focused.