



# On court

Have fun, Stay active, Problem solve, Gain skills, Compete

# The Framework of our lessons

## Get Ready

Getting ready is a physical challenge that includes technical, tactical and / or problem solving. Skill drills are an open challenge that forces players to do more than just hit

## Learn

Working on the technical and tactical improvement using a constraints based method. Understanding mistakes are part of improving.

## Play

Points with a twist to encourage patterns of play and bring out the new skill we've been working on



# Our philosophy

We want junior players to learn Tennis and have fun in the process

We follow a Child centred approach to learning, making errors is part of the learning process

We have a clear view on how kids learn which doesn't include standing in lines having a ball fed by a coach

We think long term because Tennis is a sport for life so improvement doesn't have to happen in ten minutes

A Tennis court is a juniors sanctuary away from screentime, stress, peer judgement and adult pressure

We follow a curriculum that covers independent learning, skill acquisition, technical teaching and matches

We believe Children will learn best when the environment allows them to explore success through mistakes

We want kids to be proud to play for themselves, for their club and for Boom Tennis

We won't set up a game to fill time in a session we plan our lessons to maximise court time

Tennis belongs to the players not the parents or coaches



# Why we do things differently

- We've got decades of coaching experience and have seen errors in sports coaching

- We want to enrich lives through Tennis and hope our juniors will play forever

- Tennis is a tough sport that requires patience, practice and play, an hour a week isn't enough

- Tennis helps physical health, mental health, bone strength, education, well-being and we want to pass this onto kids

- We want our players to play the sport of Tennis and not see coaching as the sport

- Tennis is a journey and requires commitment and we want to be part of that experience with you

# The coaching team

We will always have a racket and play with the kids in sessions

A coach will always create a supportive environment for all young individuals

Good coaches work with all standards and don't specialise

We love Tennis which is why we do our job so we want to play with everyone

We won't have the conversation about whether a child will make it as a professional player

We're on the journey with you and the player so we want to be as involved as possible

You'll hear us praising improvement and not picking out the weakness



Arrange matches with other juniors by getting in contact with other parents, enter external competitions by using the LTA find a competition tool or play in the Sportch ladder

Play with your child and let them invent some games or try changing the court size to make matches fun for both sides



**Ways to improve**

Top players have generally been on court for around 10 hours per week and play around 25 matches per year

Coaching alone wont work on a players level of play, the sport is Tennis and coaching prepares a player to play the sport.

Ask a coach for training ideas or arrange a meeting with us



# Contact us for more information

Visit our youtube channel for coaching hints & tips

Email: [Hello@boomtennis.co.uk](mailto:Hello@boomtennis.co.uk)

Telephone: 07950 802 770

Follow Boom on Facebook, Instagram and Twitter

We're always happy to sit down and talk things through. We love seeing improvement!

