

BTC After-school Program Description

Group 1 (Early Development, ages 5-7):

Focus on developing student's athletic skills: eye-hand coordination, lateral movement, balance, fine- motor skills. Introduce basic racket skills and fundamental technique to give the student the ability to rally.

Group 2(ages 8-12): The focus is on improving technical skills of the player. Develop an understanding of correct grips/preparation and positioning. Develop serving skills and learning basic rules and etiquette of the game.

Group 2/3(ages 8-12): Incoming students have the ability to rally consistently, have basic serve skills, and understanding of correct grips/preparation and court positioning. Players will work on ball control (topspin/underspin) and directional controls. Introduction of basic tactics and strategy for singles and doubles.

Group 3(11-15): Incoming students have ability to maintain rallies, consistent serve motion, ball control (topspin/underspin), directional control skills, volleys and overheads. Students will have an understanding of basic tactics/strategy for singles and doubles. The focus of this group includes: improving movement/court positioning, strengthening technical skills, improving tactics/strategy for singles and doubles.

Group 4 (Coach evaluation required, ages 11-15): Incoming students have competitive experience in USTA, USPTA, or team events. The student will have a command of technical skills (grips/preparation/positioning), rally and ball control skills, serves, volleys and overheads. Focus is on improving court positioning/movement skills; improving understanding of tactics/strategy for singles/doubles.

High School (coach evaluation required, ages 12-17): Incoming students meet the criteria for Group 4 and/or member of High School Varsity team. The areas of focus include:

- Strengthening the players' serve
- Improving consistency and point play
- Improving fitness and court movement skills