## HOBSON PERFORMANCE V T E N N I S V



## Summer Training for Competitive Players

Attention parents of UTR 4 + players and above – we offer 12 weeks of training this summer. Age 10+. **<u>20 players maximum each week.</u>** 

During a week of summer training your player will get:

Peedback on their game from Ashley – academy director, National coach, Davis Cup Captain, Fed Cup coach, coach to many Top 100 players on ATP/WTA tours, and developer of players winning 40+ ITF junior titles, 25 National titles

Skills testing of all strokes. Training on South American Red clay and Hardcourt

I Video analysis of serve, forehand & backhand, slice backhand, volleys, and overheads with clear annotations and suggested technical corrections

Individualized training on suggested areas

D Character-building exercises and improving your tennis IQ presentations

I Tennis-specific footwork training and innovative use of technology – speed gun, return machines, ball machines, racket head speed development

Tactical training, mental toughness training, and gym program



