



## FUTURE STARS CLINIC

Beach City Tennis Academy offers an advanced clinic for 8-10 years old that includes continued development of technical skills, proper technique, and topspin. Continental grips for serving is a requirement. Consistent self-feeding and the ability to rally is a must. Competitive games will be frequent while on-court conditioning increased.

In addition, youth players must be able to compete from behind the baseline. Students will go through fitness intensive drills and start to build consistency and discipline with their tennis game. Rhythmic high-speed ball return is part of the warm up process.

The emphasis of these clinics will be placed on fundamental stroke production using correct mechanics, court position and technique. In addition, players will experience singles and doubles play, coordination exercises, and team competitions. Future Stars will learn to demonstrate ball control in a variety of situations.

Repetition in stroke development will help to boost confidence and mental/physical toughness will be introduced, combined with rigorous match play. An introduction to footwork, strategy, and rules of the game will also be visible in each of the clinics. At Beach City Tennis Academy, our Future Stars gain the confidence necessary to start to compete in tournaments.

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