

# Advanced Course

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Week 1	The Straight Drive	Taking the ball early: Looking to apply pressure
Week 2	The Boast	Try an attacking boast: Looking to wrong foot your opponent
Week 3	The Drop	Cross court and find that nick: Looking at the risk involved but learning it anyway
Week 4	The Lob	Work on your grip: Check it, learn why it is so important for the lob
Week 5	The Volley	Volley from the hip: Look to volley between shoulder and hip
Week 6	Competition	Putting it all together: Did any of the above work for you?

This course aims to teach those who have mastered playing at a good level, how to move to club level.

There will be a general warm-up and stretching at the start of the lesson which will then progress into the specifics.

It is assumed that all participants have a solid foundation of the basic strokes, court movement, footwork and shot selection.

However, a re-cap of the execution of the basic strokes (with pressure feeds) will be looked at.

The lessons will then introduce variations of the basic strokes with an emphasis on pace and attack.

The targets/goals will be adjusted, depending on the student's ability, All students will be working with each other and the exercises will keep everyone moving. Drills and routines involving threes, will be introduced to consolidate the key points of the lesson.

The lesson will usually finish with some ¾ Court matches.

Players will be required to have a good level of fitness.