

# Beginners' Course

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Week 1	The Straight Drive	Hitting to target
Week 2	The Boast	Defend to stay in the rally
Week 3	The Drop	An attacking shot
Week 4	The Lob	Height is important
Week 5	The Volley	Taking the ball early, controlling the T
Week 6	Competition	Putting it all together: Did any of the above start to make sense?

This course aims to teach those who have never picked up a racket or have just started to play, the 5 basic strokes of the game, the grip, the stance, some footwork and the rules of the game.

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

Depending on the student's ability, the targets will be easy or slightly more challenging. All students will be working with each other and the exercises will keep everyone moving.

The lesson will usually finish with some ¾ Court matches and the rules of the game will be pointed out in the context of the rallies.

Emphasis at will times will be on court safety and good racket etiquette.

Above all, the course is designed to be fun.