

Intermediate Course

Week 1	The Straight Drive	Look at a different target
Week 2	The Boast	The backwall boast
Week 3	The Drop	The straight drop into the nick
Week 4	The Lob	Two different targets
Week 5	The Volley	Adding punch to the volley
Week 6	Competition	Putting it all together and basics of marking

This course aims to teach those who have mastered playing at a fairly good level, how to move to the next 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 mastered the basic grip, proper stance, have developed good racket preparation and have a good working knowledge of the five basic strokes ie the straight drive, the sidewall boast, the drop, the lob and the volley.

However, a re-cap of the 5 basic strokes might be necessary to correct any errors.

Each of the above-mentioned strokes will then be looked at in more technical detail. Options and shot selection choices will also be discussed.

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. Some drills and routines will be introduced to consolidate the key points of the lesson.

The lesson will usually finish with some $\frac{3}{4}$ Court matches.