

Odyssey Tennis News

Issue 2: May 10

League Teams Make Winning Start!

The tennis season has finally started! Well done to all of you who have braved the longest winter I can remember, and have kept improving.

The tennis leagues have now started and the first match saw both Odyssey teams win by an encouraging margin (28 - 3 & 29 - 3). Please go to the Odyssey website to see the latest results under the tennis page.

SOCIAL SESSIONS

Just to remind you that we have a number of free sessions each week.

Mon	Team/ Adv	7 to 9 pm
Tues	Club Night	7 to 9 pm
Wed	Social Morn	11 to 12 am
	Beginners	7 to 9 pm

All of the above are coach led social tennis sessions, designed to develop game play and tactical knowledge.



INDIVIDUAL COACHING

- One-to-One coaching is ideal for those who want personalized tuition and maximum results.
- Perfect if you want to focus on a specific area of your game, kick start your game, work on match play or just want a regular hitting partner.
- Lessons can focus on technique, tactics, fitness, hitting partner or match play



TENNIS IS A GAME OF ERRORS

At every level of play 85% of points in tennis are lost as the result of an error. Naturally, it follows that only a mere 15% are earned by winning shots. The secret then to winning tennis is to get your opponent in trouble and force him/her to take a risky shot. Between highly skilled players, errors often occur because of accurate placement, power or disguising of the shot. At every level of play, unforced errors are a significant part of every match, usually due to a poor choice of shots or faulty technique. If you can reduce your unforced errors, just a bit, and force a few from your opponent, the odds will be heavily in your favor.

Tips to reducing errors

- 1-your first task on every shot is to clear the net ,aim your shot 3-5 feet above the net this will eliminate errors in the net.
- 2-aim the ball well inside the lines to give yourself some margin for error. even the top pros know the huge risks of trying to hit a line.
- 3-whenver you are in trouble during a point and forced to play a defensive shot, aim your shot high, deep and crosscourt so that you can recover for the next shot.
- 4-early in the point, hit your shots deep crosscourt or deep down the middle.
- 5-movement to the ball and early preparation are the keys to consistent strokes aim to hit every ball in you're hitting zone (about

waist high) and be well balanced at contact.

6-it is generally safer to direct a ball back to the direction it came from rather than changing the angle. for example, the safest return of a cross court forehand is a return crosscourt. .



JUNIOR TENNIS PROGRAMME

Mini Red Tennis Squad Sessions
(Age 5-6)
Tues & Wed - 4.00 - 5.00
Saturday - 10.00 - 11.00

Mini Orange Tennis Squad Sessions
(Age 7-8)
Tuesday & Wednesday - 5.00 - 6.00
Saturday - 10.00 - 11.00

Mini Green Tennis Squad Sessions
(Age 9-10)
Wednesday - 6.00 - 7.00
Saturday - 12.00 - 1.00

Call Richard on 07796148164 or email to arrange your FREE trial session .

JUNIOR SPORTZ CAMP

31st May - 4th June. See club posters for further details.



Rich

European RPT Coach