



The MTI Method - Art of Singles Course Descriptor for Tennis Ireland

The purpose of this course is to demonstrate how to teach singles tactics in a 'step by step' fashion and to create/monitor future player progress goals.

This MTI Method course content is split into three key areas;

1. The fundamentals of placement drills 'rallying' or 'trading' during a point thus building confidence, patience, discipline and consistency which in turn can create unforced errors from opponents
2. Drills that show players how they can create/build a point winning situation using point based 'real' examples from ATP/WTA matches
3. Examples of 'burn drills' designed to improve a player's mental discipline and physical fitness

Attendees will experience the following during on court application;

- Effective, competitive and more engaging warm ups for players
- Simple exercise to demonstrate player positioning
- Drills to develop 'trading/rallying skills'
- Drills to develop 'creation/building' skills
- Attention to teaching point detail for advanced players
- Chances to coach each other and to utilise the supplied lesson plan examples
- An understanding of player standards and when to teach each key area listed above
- How to conduct feedback more effectively
- Easy method to record lesson goals and match data efficiently for continued player future progress
- Post course information to be emailed

MTI have hundreds of glowing testimonials from coaches and players including former ATP players and current ATP coaches worldwide.