

WHY COACHING?

By Peter Farrell

Playing Standard: ITN 3 to 10

Long Term Player Development Pathway: Phase 1-5

COACHING FOR BEGINNER PLAYERS

As a starter player, adult or child, mastering the basic techniques and strategies of the game will make tennis a lot more interesting and enjoyable. You need to lay a good foundation that will continue to support your game as you progress and improve. Individual lessons allow you to develop an in-depth understanding of what you need to do to move past beginner status. Group sessions provide opportunities to further develop these basics alongside your peers.

COACHING FOR INTERMEDIATE PLAYERS

You have been playing tennis for quite a while, but seem to have reached a “plateau”. For some reason you are not getting any better, and are losing to the same people again and again... The solution lies in some intense group or individual lessons. An experienced coach can identify what is holding you back, and help you understand what you need to do in order to move up a gear.

COACHING FOR ADVANCED PLAYERS

At this stage you are pretty happy with your technique – it’s a long time since the topspin backhand was a mystery to you, and you could hit a slice serve in your sleep. But there’s a lot more to advanced tennis than just technique. Some work with a coach can help unlock potential you never knew you had. Improve your understanding of tactics, and the mental aspects of matchplay – and suddenly playing winning tennis becomes a whole lot easier.

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For individual advice on this or any aspect of tennis, please contact your local Tennis Coach Ireland coach –
see www.tenniscoachireland.ie

For more information on the ITN:
http://www.tennisireland.ie/player_database/what_is_the_itn

For more information on the Long Term Player Development Pathway:
http://www.tennisireland.ie/coaches/player_development_pathway