

# Adult Core Coaching Programme

(Monthly DD)

The Academy run a dynamic adult coaching programme, delivering an exceptional tennis experience for every player, guided by our core values, coaching philosophy, and player-first principles.

We deliver a 38 week programme in line with the state school term dates and have breaks in the programme during the following holidays:

1 week during February Half Term  
 2 weeks at Easter  
 1 week during May Half Term  
 6 weeks over the Summer Holidays  
 1 week at October Half Term  
 2 or 3 weeks over Christmas



THE  
**ACADEMY**  
ABBEYDALE

	A/B Beginner/Improver	C/D Intermediate	E+ Advanced
Mixed	Monday 10-11am Monday 11am-12pm (B) Wednesday 6-7pm *Saturday 9-10am *Sunday 11am-12pm	Monday 11am-12pm *Monday 7-8pm *Monday 8-9pm Tuesday 10-11am Tuesday 7-8pm Wednesday 7-8pm Thursday 9-10am	Wednesday 8-9:30pm

## Monthly Direct Debit Cost:

### 1 Hour Indoor

£36.78 per month

### 1 Hour Outdoor Daytime

£27.59 per month

### 1 Hour Outdoor Floodlit

£30.49 per month

### 1.5 Hours Indoor

£55.18 per month

## 5% Multi Session Discount\*

We have access to both indoor and outdoor facilities at Abbeydale. Sessions marked (\*) indicate that session is outside

Non Members can access the coaching programme for a 1-month trial. A minimum of Tennis+ membership required to access thereafter.

For bookings please contact our admin team

[enquiries@academytennis.co.uk](mailto:enquiries@academytennis.co.uk)

# Abbeydale Adult Club Rating Guide

Here at Abbeydale we have created an internal adult club rating guide. This is designed to help signpost players to the right social, coaching & competition opportunities within the club.

New Abbeydale adult club members are offered a FREE 20-minute meet & greet induction with our coaching team who will be able to suggest a club rating and guide your next steps.



Letter Ratings:	Playing Level Guidance	Suggested Club Activities
<b>A / B Beginner/Improver</b>	<ul style="list-style-type: none"> <li>-Just beginning your tennis journey</li> <li>-Little or No Competition Experience</li> </ul> <p>Entry Level Box Leagues</p>	<p><b><u>Level Appropriate:</u></b></p> <ul style="list-style-type: none"> <li>-Group Coaching</li> <li>-Internal Competitions</li> <li>-Club Championships (handicapped events)</li> </ul> <p>1-1 Coaching</p>
<b>C / D Intermediate</b>	<ul style="list-style-type: none"> <li>-Confident to compete</li> <li>-Competes regularly</li> </ul> <p>Box Leagues - Mid Divisions Club Teams (S&amp;D 3rd Division or Lower)</p>	<p><b><u>Level Appropriate:</u></b></p> <ul style="list-style-type: none"> <li>-Group Coaching</li> <li>-Internal Competitions</li> <li>-Club Championships</li> <li>-Club Teams (All Events)</li> </ul> <p>Team Practise 1-1 Coaching</p>
<b>E+ Advanced</b>	<ul style="list-style-type: none"> <li>-Established competitor</li> <li>-Competes regularly at high local level or above</li> </ul> <p>Box Leagues - Higher Divisions Top club team player - (Yorkshire League, S&amp;D 1st/2nd Division)</p>	

## Individual Lesson Policy:

Lessons cancelled within 24 hours are subject to full payment to the coach at their hourly rate.

## Multi Session Discount:

5% discount to any individual or family booking 2 hours or more on our core (monthly DD) coaching programme - does NOT include Pay & Play sessions.

## Non Member Policy:

Non Members can access the coaching programme for a 1-month trial without membership. A minimum of Tennis+ membership required to access thereafter.

**Unsure of your club rating? Simply speak to one of our coaching team who will be able to help!**

**Please note you are under no obligation to take part in any of these activities, they are just suggestions. If you have any questions, we are here to help. [enquiries@academytennis.co.uk](mailto:enquiries@academytennis.co.uk)**

# Self assessment club grading guide

GRADING	COMPETITION	GROUNDSTROKES	NET PLAY	SERVE & RETURN	MATCHPLAY	TECHNICAL	TACTICAL	SUGGESTED CLUB ACTIVITES
<b>A-B</b> (Beginner/ Improver)	<b>Introduction to Competition</b>	Can hold a very limited rally. Often hits forehands instead of backhands.	Becoming at ease at the net in practice but uncomfortable in a game situation.	Uses a push motion on the second serve (not a full motion) and can often double fault. Has an inconsistent return.	Not played or has limited competitive experience. Feels apprehensive about competition.	Beginning to develop technique but often hits flat and pushes the ball (not a full swing)	Player is extremely reactive and mainly focuses on 'getting the ball in.'	<b>1-1 Coaching</b>  Grading Specific:  Socials Tennis Group Coaching Internal Comps Club Champs (Handicapped Events)
<b>C-D</b> (Intermediate)	<b>Low Club Team/Box Leagues</b>	Able to move the opponent around the court or hit harder when receiving easier balls.	Very consistent on forehand volley with easy balls, inconsistent on backhand volley.	Can vary the speed and direction of the first serve. Return is solid and can change direction.	Plays team tennis in lower divisions. If playing a Grade E+ the score would be a comfortable loss	Has the ability to use different spins, but doesn't always execute effectively.	Player is starting to become more tactically aware, especially on court position.	<b>1-1 Coaching Team Practise</b>  Grading Specific:  Social Tennis Group Coaching Internal Comps Club Champs
<b>E+</b> (Advanced)	<b>Top Club Team/Box Leagues</b>	Can use a variety of spins. Beginning to develop a dominant shot or good steadiness.	Can poach on weak returns of serve. Able to put away easy overheads.	Aggressive first serve with power and spin. On second serve frequently hits with placement.	Regularly plays matchplay to a club level. If they playing a grade C-D the score would be a comfortable win.	Repeatable shape on all shots, but may struggle to get in position to execute every time.	Good tactical understanding with own game, however may not be fully aware of opponent or game situation.	<b>1-1 Coaching Team Practise</b>  Grading Specific:  Social Tennis Group Coaching Internal Comps Club Champs

# Adult Tennis

## Cardio Tennis Sessions

### (Pay & Play)



Day/Time	Level	Description	Price	QR to Book
Monday 12-1pm	C+	RALLY based Drills	<b>£10.16</b>	<a href="#">BOOK NOW</a>
Tuesday 9-10am	A+	BASKET based Drills		<a href="#">BOOK NOW</a>
Wednesday 9-10am	A+	BASKET based Drills		<a href="#">BOOK NOW</a>
Wednesday 12-1pm	C+	RALLY based Drills		<a href="#">BOOK NOW</a>
Friday 9-10am	C+	RALLY based Drills		<a href="#">BOOK NOW</a>
Friday 10-11am	C+	RALLY based Drills		<a href="#">BOOK NOW</a>
Friday 7-8pm	C+	RALLY based Drills		<a href="#">BOOK NOW</a>
Sunday 10-11am	C+	RALLY based Drills		<a href="#">BOOK NOW</a>

**60  
Minutes**

**Burn 600+  
Calories**

**Tennis  
Inspired  
Workout**

**Join Our Whatsapp  
Community for Updates!!**



Please be aware that our cardio sessions are level specific graded to ensure ALL players get the most from the sessions. If you have any questions regarding cardio tennis or any of our coaching offering please contact our team at [enquiries@academytennis.co.uk](mailto:enquiries@academytennis.co.uk)