



AASSTC Junior Aces Classes



Beginners (ages 5-8 years)

Objective: To develop participants' motor skills such as catching, throwing and ball tracking using the USTA Net Generation Program method as the model.

The length of each session will be one (1) hour one or two days per week for 15 weeks. Each participant will take part in games and activities which emphasize fun and the development of motor skills and social skills.



Intermediate (ages 9-13)

Objective: To introduce participants to basic tennis fundamentals such as forehand, backhand and volleys in accordance with the USTA Net Generation Program guidelines and Coaching Resources guidance.

The length of each session will be two (2) hours one or two days per week for 15 weeks. Participants will be taught different racquet grips, improved basic strokes and tennis court lay out and will participate in drills and tennis games to reinforce skills.



Advanced (ages 14-18)

Objective: To further improve participant's skills and prepare them to compete on high school teams and in various tennis tournaments.

The length of each session will be two (2) hours one or two days per week for 15 weeks. Participants will enhance their tennis strokes by participating in more advanced and intense drills and will learn basic tennis strategies for playing singles and doubles.

Sponsors:

