

## The Johnson High Performance Tennis Academy Recreational Program



Welcome to The Johnson High Performance Tennis Academy! We are thrilled to work with you on improving your tennis game, fitness, and mindfulness on-court and off-court. Learn more about the academy on [lendalejohnson.com/tennis-academy](http://lendalejohnson.com/tennis-academy) and check out us out on social media [Instagram.com/jhpta](https://www.instagram.com/jhpta) and [facebook.com/jhpta](https://www.facebook.com/jhpta)!

The Recreational program typically is for 3 to 5 weeks ( 1 hour lessons X5 + hitting sessions) with the option to extend based on scheduling, programs are run by our Head Instructor Lendale or by our USPTA qualified instructors.

Over the next 3-5 weeks this program will teach you the basic and/or intermediate fundamentals of tennis in a fun and relaxed environment.

Muscle memory is key in tennis, playing as much as possible will benefit your learning experience on-court and help you reinforce the techniques learned during the next 3 weeks to 5 weeks (make up days can rescheduled) , forehands, backhands, volleys, serves, return of service, stance (open-stance,closed-stance, semi-closed) footwork, grips, shot selection, and hand-eye coordination will be incorporated into this program.

## **The Johnson High Performance Tennis Academy Recreational Program**

A player matching program is included with our partnership with Chicago's tennis network from [GlobalTennisNetwork.com](http://GlobalTennisNetwork.com), [GoLocalTennis.com](http://GoLocalTennis.com) and the [usta.com](http://usta.com).

Sounds like a lot but time zooms by when you're having fun! :)

Week 1: Introduction to the basic fundamentals of tennis

- Forehands
- Backhands
- Volleys
- Serves
- Return of service
- Stance
- Footwork
- Grips
- Shot selection
- Hand Eye coordination 10min drills\*

Week 2: Reinforcement of the basic fundamentals of tennis

- Forehands
- Backhands
- Volleys
- Serves
- Return of service
- Stance
- Footwork
- Grips
- Shot selection
- Hand Eye coordination

Week 3: Drills + Cardio Tennis

- Crazy 8's
- Approach shots
- Mini tennis
- Aim is the game
- Love the latter
- Serves
- Return of serve
- Steal the bacon

Week 4: Drills + Match Play

- Forehands

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- Backhands
- Volleys
- Serves
- Mini tennis
- Match play (Singles/Doubles)

Week 5: Introduction to power shots

- Forehand swing volley
- Backhand swing volley
- Injection of power
- Power serve
- Power volley
- Minitennis
- Match play (Singles/Doubles)

Week 6: (Final Session or make up day) Reinforcement of power shots

- Forehand swing volley
- Backhand swing volley
- Injection of power
- Power serve
- Power volley
- Mini tennis
  1. Angle shots
  2. Slice drills
  3. Player Mindfulness Drills
- Match play (Singles/Doubles)