

CT Tennis Academy Overview

Tony Taverna USPTA-1 Founder and Program Director

CT Tennis Academy use the latest and best teaching techniques, including, “Quick-Start”, “Natural Learning”, “Tennis I.Q.” and “Fit for Tennis”. Our philosophy embraces the importance of building the best foundation possible for all aspects of tennis. When skilled coaches take the time and energy to develop strong mental, physical, emotional and mechanical fundamentals, then players develop the confidence and skill to reach the highest level attainable for that individual. A strong foundation allows a player to develop and master more advanced skills, including tactics, mental toughness, emotional control and elite level stroke production.

Quick Start

Little people should have little racquets, smaller courts and slower tennis balls! Quick Start Tennis builds an entire tennis world around the height, strength and coordination of young children. In this arena, children learn to hit shots properly and develop advanced match-play skills faster and better. When properly administered, the quick start philosophy will produce tomorrow’s tennis champions.

Natural Learning

Developed by USPTA -1 professional Tony Taverna, Natural Learning allows each player to learn and prosper based on each player’s natural physical and mental inclinations. This method of teaching has already helped numerous juniors and adults to develop into strong competitors who truly enjoy the game of tennis.

Tennis IQ

When should players develop the ability to think through points, games and matches? We believe this skill should be developed harmoniously with learning how to strike the tennis ball. Principles of “Tennis IQ” are woven into every class and skill.

Fit for Tennis

Regardless of age and level, gaining physical endurance, strength and speed is a critical component to becoming the best player possible. Fit for Tennis exercises will be taught and applied to all ages and levels according to conditions and ability.

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Class Descriptions and Objectives

QuickStart Level 1 (ages 4-6) 1 Hour Classes

Equipment provided: Mini-nets, courts lines and level 1 (red) decompressed tennis balls

Recommended equipment NOT provided: 19" & 21" tennis racquets

- It is recommended that children have their own racquets and balls in order to practice on their own. Equipment can be purchased at Perfect Racquet, 220 West Main St. Avon.
- Different games and specific QuickStart lesson plans will be implemented to make the experience fun and dynamic. Children will be kept moving and occupied. Coaches will seek to interact with students throughout the entire class.
- Games, activities, and breaks will be implemented when appropriate in order to keep classes fresh and enjoyable.

Level 1 Goals & Objectives

- Develop sound stroke mechanics on both forehand and backhand ground strokes.
- Introduction to the volley - semi-continental grip
- Introduction to the serve - semi-continental grip
- Introduction of the forehand and backhand volley
- Expand concentration skills and judgment skills to successfully participate in rally games
- Accomplish a rally of 6 shots in a row with proper stroke mechanics
- Understand and implement concepts of good behavior and respect for teachers, fellow students and self.

QuickStart Level 2 (ages 7-10) 1 hour classes

Equipment provided: Mini-nets, courts lines and level 2 (orange) decompressed tennis balls

Recommended equipment NOT provided: 23" & 25" tennis racquets

- Length of court expanded as skill level increases. Different games and lessons plans will be implemented to help level 2 players learn how rally and play as soon as possible
- A blend of self-start rallies, feeding and skill-based games are used to ensure fast progress
- Correct grip and mechanics emphasized for the serve and volley
- importance on developing a solid foundation for maximum growth potential

Level 2 Goals & Objectives

- Develop good stroke mechanics on ground strokes, volleys and serves
- Accomplish a rally of 15 strokes in a row with proper stroke mechanics
- Introduction to singles and doubles match play
- More emphasis on skill based drills and games
- Understand and implement concepts of singles and doubles match play
- Learn court lines and the basic scoring format of tennis

Accelerated Learning 16 & Under (1.5 Hour Classes)

Good for the following player categories:

Intermediate juniors (ages 10-16)

USTA ranked juniors (ages 7-10)

High School Beginner and JV Players (ages 14-18)

- Drill/Play format using regular court and tennis balls
- Decompressed level 3 balls (green) used as needed to accelerate rallying skills
- 26" graphite & 27" graphite standard length racquets recommended

Accelerated Learning Goals & Objectives

- Mastery of all strokes including ground strokes, volleys, serves, overheads, return-of-serve.
- Introduction of specialty shots e.g. drop shots, half-volleys, under spin
- Sound footwork on all shots including proper recovery (Read, React & Recover)
- Mastery of singles & doubles positioning and movement
- Mastery of basic tactics & strategies
- Mental Toughness basics
- Emotional Control basics
- Increase physical strength, speed & agility

High School Varsity/Level 7 Tournament Training (ages 12-18) 2 hour classes

(For players that fit into one or more of the following categories)

- Currently playing on a high school varsity school team.
- Competing in level 7 sectional tournaments
- Playing USTA Junior Team Tennis

Varsity/Level 7 Goals & Objectives

- Advanced biomechanics and footwork for all strokes and movements
- Mastery of all specialty shots
- Advanced tactics & strategies for singles and doubles play
- High performance mental toughness training
- Advanced emotional control and channeling
- High performance strength, speed & agility

Premier High Performance Training (ages 12-18) 2 hour classes

Must meet own of the following requirements:

- Top 100 sectional ranking (top 50 for 12 U)
 - Currently playing number 1 singles for high school team
 - Currently playing on college team
- Any player not meeting one of these requirements must be evaluated for a possible exemption

This elite program is designed for players who aspire to play college tennis and/or to a national ranking. As such, these players are dedicated to becoming the best competitors possible. Every aspect of competitive tennis is discussed and drilled to perfection:

- Advanced biomechanics for all strokes
- Footwork, speed, strength & agility
- Match-play tactics & strategy, mental toughness, positive mental performance
- Emotional control, high energy channeling, visualization
- Nutrition & hydration
- Coaches will discuss tournament schedules and opportunities to personally watch players competing in tournaments.

* Every effort will be made by coaches to ensure that each individual player receives exactly what is needed to get to the next level and accomplish short, mid and long term goals. In turn, it is expected that each participant gives 100% effort every day. Additionally, as high performance players, it is vital that all players display a mature and positive attitude which adds to the quality of the program and sets a positive example for other age groups and levels.

** Please be prepared to work hard. Bring appropriate hydration. A light snack is recommended, especially if staying afterward to play/practice

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