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Shot of the Week @ Frensham

ITC

Thursdays 2.15-3.15

We are introducing a new class to the programme called “shot of the week”. The session will include a speciality shot that you may want to learn, improve as it may add another tactic or skill to your game. Please see the calendar of the shots below.

Sessions are on a Pay and Play basis and cost £8 per session.

Date	Shot
7 th February 2019	Drop Volley - Improve your touch at the net and drop the ball close to the net.
14 th February 2019	Half Volley - Learn how to deal with those difficult shots hit to your feet when moving up to the net.
28 th February 2019	Return Attack - Also know as chip and charge, you will learn how to take the ball early and move to the net to give the opponent less time to get ready.
7 th March 2019	Dropshot - Learn how to bring the opponent forwards or hit winning short balls.
14 th March 2019	Backhand Smash - Learn how to deal with lobs over the backhand side and still attack off the backhand.
21 st March 2019	Topspin lob - Learn how to turn defence into attack with an attacking lob.
28 th March 2019	Forehand Slice - Learn how to deal with short low balls by hitting a forehand slice.

4th April 2019

Slice serve - Learn how to create spin on the ball to move the opponent out of court.

For more information contact Head Coach Matt (07835705286) or coach Alex (07969540661).