

Odyssey Tennis News

Issue 1: March 10

Welcome to my first Odyssey Tennis Newsletter! I will produce these regularly to keep you up to date with the latest activities, events and results from Odyssey Tennis.

Our Social Sessions have grown over the winter period, which is fantastic, and thank you to all who have braved the snow, rain, cold and wind to join in each week!

SOCIAL SESSIONS

Mon	Team/ Adv	7 to 9 pm
Tues	Club Night	7 to 9 pm
Wed	Social Morn	11 to 12 am
	Beginners	7 to 9 pm

All of the above are coach led social tennis sessions, designed to develop game play and tactical knowledge.

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INDIVIDUAL COACHING

- One-to-One coaching is ideal for those who want personalized tuition and maximum results.
- Perfect if you want to focus on a specific area of your game, kick start your game, work on match play or just want a regular hitting partner.
- Lessons can focus on technique, tactics, fitness, hitting partner or match play

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DRILL OF THE MONTH -SPIDER DRILL

Spider drill is great for improving court speed and recovery.

Put a tennis ball at the following places on the court:

- on the left where the singles line and baseline meets
- on the right where the singles line and baseline meets
- on the service line where it meets with the left of the singles line
- on the service line where it meets with the right of the singles line
- at the middle point of the service line

Now, start in the middle the baseline and:

- side-step left to pick up the ball
- side-step right to pick up the ball
- run diagonal to pick up the two balls at then ends of the service line (run backwards back to the centre of the baseline)
- finally get the last ball and return back to the baseline starting point.

The whole time, try and stay low to the ground just like you were playing a point. Have someone time yourself and see if you make improvements over time.

COMING SOON - ADULT BOX LEAGUES

For those wanting regular matches against players of a similar standard, please see Rich to enter.

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JUNIOR TENNIS PROGRAMME

Welcome to the Odyssey Junior Tennis Programme. Since our new Head Coach, Richard Perkins joined us in September, the junior tennis programme has gone from strength to strength.

We now have over 50 children enjoying tennis in our purpose built indoor mini tennis facility - the only

one in the country.

GROUP SESSIONS

Mini Red Tennis Squad Sessions
(Age 5-6)
Tues & Wed - 4.00 - 5.00
Saturday - 10.00 - 11.00

Mini Orange Tennis Squad Sessions
(Age 7-8)
Tuesday & Wednesday - 5.00 - 6.00
Saturday - 10.00 - 11.00

Mini Green Tennis Squad Sessions
(Age 9-10)
Wednesday - 6.00 - 7.00
Saturday - 12.00 - 1.00

Call Richard on 07796148164 or email to arrange your FREE trial session .

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LEAGUE TENNIS

We have entered the Summer Tennis League for Mens and Ladies. If you are interested in playing, please come along to Monday practise, 19.00 to 21.00.



Rich

European RPT Coach