



SECTION 3.02

# ADULT CLINICS

Last Updated January 1, 2023



# TABLE OF CONTENTS

Tune Up Clinic

Invitational Clinic

Warm Up Clinic

Cardiotennis

Providing adult clinics can be a great way of kicking off a season, or just getting players out on a regular basis and meeting the club professional or his staff. There are various ways of running the clinics—the OTA runs tennis fairs at clubs which are a form of clinic. Your professional may have their own thoughts on this but here are some suggested formats.



## Tune Up Clinic

This requires some preparation and promotion but can be very effective. One tennis professional is required for each court (usually 4 courts) and assigned one topic – for example the 4 topics might be forehand, backhand, volley and serve. The participants are divided into equal size groups and assigned to a court. They then have a half hour group clinic on the topic for that court, then everyone rotates and so on until all groups have had a session on all topics. In this way the participants can get to work on several aspects of their game and get to know a number of pros.



## Invitational Clinic

In this clinic again a pro or top player is assigned to each court and then 3 participants are drawn to play with them. The clinic is a playing clinic. All courts play a regular game but have the benefit of playing with a stronger player they might not normally get the chance to play with. On top of this the pro/top player could provide tips on doubles strategy, court positioning etc. along the way as situations arise in the play.



## Warm Up Clinic

In this clinic the pro warms up a group with a routine. In the instance I have seen this the pro gives a free clinic prior to house league as people assemble.

**In phase one** the pro feeds a forehand and backhand to each player in turn, then a backhand and a forehand volley, then a backhand volley followed by an overhead.

**In phase two** the pro divides the group into 2 and gives each player 4 lives – the group then play half court cross court rallies rotating on each shot – a player who does not return the ball into the court loses a life. The pro initiates each rally with a feed.

**In phase three** the teams play “three on three”. One player in the centre at the net, one player at the ad court baseline and one player at the deuce court baseline with the balance of the players lined up behind them. The pro feeds to the forehand and the trio play out the point. At the end of the point the players rotate – in this way each player gets to play three consecutive points from three different positions on the court.



# Cardiotennis

In cardiotennis the leader gets the group to play various drills that keep the players moving.

There is extensive information on these drills at the cardiotennis web site. The OTA offers

clinics in teaching pros how to run good cardiotennis sessions. The use of heart monitors and

other motivating support equipment such as ladders and music make these clinics a good

workout as well as having people improve their tennis skills.

