

Indoor Tennis for Outdoor Facilities

Mike Baugh

The ABC's of Tennis

- Agility
- Balance
- Coordination
- Strength

Goal Setting - Be SMART

- Specific
- Measurable
- Attainable
- Relevant
- Time

Mini Net Games

- Touch Tennis
- Ping Pong
- Around the World
- Triples
- Volleyball

Eye Coach

Video Analysis

Match Replay/ Strategy Session