



U10 UPDATE DAY AND ADULT TENNIS EDUCATION IN TURKU - KAARINA 5.10. FRIDAY



U10 PROGRAM

9.00 - 11.00 Game situation and Tactical intensions

11.00 - 11.30 Coffee break

11.30 - 12.30 Stroke Production Cycle

12.45 - 13.30 Keypoints for being a good coach in U10
kids tennis

Price 30€ including coffee + bread during break.
You can take part either to U10 update day or to
Adult Tennis Program.

Purpose for day is to develop coaching skills with U10 juniors.

Mark Tennant has over 25 years' experience coaching in clubs and tennis centres in the UK, specialising in particular in coaching starter players. He has been training coaches for the LTA and ITF for over 15 years, and has tutored over 90 qualification courses for the LTA.



ADULT TENNIS PROGRAM

9.00 - 11.00 Tactical and Tecnical skills in singles

11.00 - 11.30 Coffee break

11.30 - 13.30 Tactical and Tecnical skills in doubles and
questions, discussions and summary.

Price 30€ including coffee + bread during break.
You can take part either to U10 update day or to
Adult Tennis Program.

Richard is a Director and owner of inspire2coach and very experienced LTA level 5 coach and Master Coach Education Tutor. His experience in over 30 years of coaching has ranged from teaching beginners to national standard junior players in the UK, and he has delivered a very large number of Coach Education courses in the UK and around the world.