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***ADULT TENNIS***  
***Pathway***

Welcome to the Aforza Adult Tennis Pathway, designed to guide players of all skill levels through a structured progression from beginners to advanced.

Each stage of this pathway focuses on key competencies, including groundstrokes, serving, returning, net play, court awareness, and point play, ensuring that players build a solid foundation while continually developing consistency, control, and strategic understanding.

Whether your goal is to enjoy casual rallies, improve your fitness, or compete in tournaments, this pathway provides a clear roadmap to enhance your game and confidence on the court.

## ● BEGINNER

Players are new to tennis and focus on developing fundamental skills such as proper grip, basic forehands and backhands, and understanding the rules of play. Serves are generally inconsistent, and net play is limited. They tend to remain near the baseline or  $\frac{3}{4}$  court and often struggle with maintaining rallies and court positioning.

## ● ADVANCED BEGINNER

Players must possess and be able to demonstrate the following competencies to be allowed into this program:

- **Groundstrokes:** Be able to hit FH and BH from a  $\frac{3}{4}$  court with more consistency and better control, keeping the ball in play during rallies. Regularly having a 6-8 ball rally with a peer.
- **Serve:** Be able to serve into the correct box with some regularity from  $\frac{3}{4}$  court, even if the serve is slow. 3 out of 10 balls in the correct box.
- **Net Play:** Understanding basic motion and grips of volleys and overheads, even if the execution is not yet perfect. Not yet able to rally.
- **Court Awareness:** Understand different areas of the court (e.g., service line,  $\frac{3}{4}$  court) and use this knowledge to execute drills and rallies more effectively. Singles only.
- **Point play:** Understand basic scoring (1, 2, 3, etc.) in singles play as well as court boundaries. Not yet been introduced to doubles. Being able to start a point (2 ball rally or serve/return)



## ● NOVICE

Players must possess and be able to demonstrate the following competencies to be allowed into this program:

- **Groundstrokes:** Able to execute controlled groundstrokes from the baseline in down-the-line rallies. Regularly having a 10-12 ball rally with a peer.
- **Serve:** Have regularity with the serve, maintaining the proper grip and executing it effectively from the baseline. 5 out of 10 balls in the correct box without changing the grip.
- **Net Play:** Be able to execute basic volleys and overheads. Carry out simple rally volleys to  $\frac{3}{4}$  court. Regularly having an 8-10 ball rally with a peer.
- **Court Awareness:** Know where to stand at the start of points in singles and have a basic understanding of net positioning.
- **Point Play:** Understand regular tennis scoring and play simple singles and doubles points from the baseline. The rally length may have some challenges. Points should be rallies 3+ (Server, return +1).

## ● INTERMEDIATE

Players must possess and be able to demonstrate the following competencies to be allowed into this program:

- **Groundstrokes:** Sustain long rallies with a good consistency (down the line & cross court). When hitting cross-court keeping the ball in play with controlled outside shots. Regularly having a 12+ ball rally with a peer in all directions.
- **Serve:** Be consistent with the serve and have a basic understanding of the slice serve. 6 out of 10 balls with both flat and slice.
- **Net Play:** Players should be able to approach the net and execute controlled volleys and overheads. Regularly having a 12+ ball rally with a peer.
- **Court awareness:** Players should know where to recover after shots without being stuck in no-man's land (especially in doubles). Players should be able to transition smoothly between the baseline and net.
- **Point Play:** Players should have a solid understanding of tennis scoring, including tie-breaks, and feel comfortable playing both singles and doubles.



## ● INTERMEDIATE ADVANCED

Players must possess and be able to demonstrate the following competencies to be allowed into this program:

- **Groundstrokes:** Able to hit consistent groundstrokes with variety (topspin, slice), control, and direction. Being able to adjust depth and height. Regularly having a 20+ ball rally with a peer in all directions.
- **Serve:** Able to consistently execute a first and second serve. Able to add variety with spins (slice, kick serve) and power. 8 out of 10 balls all spins.
- **Net Play:** Able to hit volleys and overheads with control and accuracy. Transition smoothly from baseline to net and anticipate the opponent's shots. Regularly having a 15+ ball rally with a peer combination of volley/overhead.
- **Court Awareness:** Have a complete understanding of net positioning for both singles and doubles. Able to cover the court effectively for defense and offense.
- **Point Play:** Able to compete in tournaments for both singles and doubles. Has a very good understanding of tennis scoring and can apply it effectively during matches.

## MORE WAYS TO PLAY



**Cardio Tennis** is a high-energy workout with fun, fast-paced drills that improve both your fitness and tennis skills.



Join our **Socials**, a great way to meet new people in a relaxed, organized setting, each with its own unique theme or twist. Plus, there's always food after, so you can unwind, chat, and enjoy a bite with new friends!



For those who love teamwork and strategy, our **Doubles League** is the perfect place to sharpen your doubles game while connecting with fellow players.

