

SCHOOLS PROGRAMME

Bassline Tennis can offer a bespoke schools programme depending on the needs of the school. Most schools ask us to come in and deliver sessions for a term, although we have a few schools that we deliver to through out the academic year.

What can you expect from Bassline sessions?

We pride our selves on delivering an all inclusive, challenging and engaging sessions, which compliment the school syllabus.

A typical session(s) would consist of the following:

- * Warm Up with co-ordination exercises, becoming ever more complex throughout the course
- * Challenges that pupils will have an opportunity to improve their personal best
- * An understanding of the basic rules of tennis
- * An understanding of the ball characteristics
- * Basic techniques to be able to rally and play points
- * Challenge the movement and concentration of pupils
- * An opportunity to improve confidence by demonstrating in front of their peers
- * A free session at one of the Bassline Tennis clubs for all pupils who attend the school sessions