

Hitting Lessons

What are “Hitting Lessons”?

Hitting lessons are regular practice sessions for all levels of players who are looking to increase their consistency and improve their game.

Any practice session should be planned, structured, disciplined, pressure-less and productive. Tennis is an extremely complex game, demanding a high level of skill. It is impossible to stay at the same level or improve without practice. A tennis game left unattended will deteriorate. With a minimum of practice it will stay the same, while with even more practice it will improve.

A hitting lesson is fun because it enables players to experience competition-free, pressure-less tennis. Players will need to maintain their focus across a range of repetitive drills. At first this might seem tedious and hard work, but the sense of accomplishment on completion of such a session will make it well worth the effort.

What to expect:

- Drills and routines that allow players to hit a large number of balls in a short period of time.
- Simple basic repetition hitting drills.
- Focus on consistency, accuracy and cutting down unforced errors.
- Expect to practise shots and strokes you avoid in matches.
- Always work with and not against your hitting partner.
- Help your practice partner to achieve a given task.
- Not all hitting drills are match realistic (aim for maximum consistency and control).
- All drills will have a purpose, aim and a specific task for players to focus on.
- Expect to practise your weaker shots and miss, to turn them into strengths.
- Do not be afraid to make mistakes; mistakes are made here and should be learnt from (mental exercise).
- Technical corrections are kept to minimum.
- Drills are progressed according to players' level of control and consistency.
- When drilling, your goal should be to keep the ball in play, unless instructed to hit winners (rare).
- No scoring, no line calls.
- No match play.
- No competition.
- No winning or losing.
- The goal is to improve your tennis.

In general, players should practise regularly with 3 different types of players:

- a) With a weaker player practise control, increasing consistency, your own weaknesses and performing 100%.
- b) With an even and equal player practise consistency, match your hitting partner.
- c) With a stronger player raise your game to the limit, work harder and reduce errors.