

Game Changer

TENNIS TRAINING PROGRAM FOR JUNIORS
3 - DAY PROGRAM



FITNESS PROGRAM

- Footwork & Conditioning
- Balance
- Core
- Strength and Leg Work
- Flexibility & Stretching



ON-COURT TENNIS PROGRAM

- 2 hours per day
- Stroke Mechanics
- Patterns and Tactics
- Serve and Returning Techniques



MENTAL TOUGHNESS PROGRAM

- Visualization Techniques
- Pre-Match Preparation
- Progress Goals
- Focus Techniques
- Handling Pressure

**\$500 US Monthly
3-Day Program**

2 hours per session - 2 group sessions and 1 private session

**Special Promotion
2 Month Pre-Paid for 3-day
Training Program:**

\$850 US

More Information

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