

Welcome to Tennis Kickstart

What to expect — and how to get the most from it.

What to Expect

SHADOWING PRACTICE

60%

COUPLES EXERCISES

20%

FOOTWORK & COORDINATION

10%

Tennis is addictive — and, honestly, sometimes maddening. That's exactly why you're here. This course has one job: to make you able to keep improving **on your own**, long after it ends. There's no magic shortcut — you get better by repeating **good** technique. Repeat bad technique, and you just get good at doing it wrong. So we lock in the right basics first — so every hour you play from here actually makes you better.

YOUR FOUR DAYS

What We Practise Each Day

1 Day One

- Introduction to tennis
- The grip
- Forehand basics & structure
- Light coordination
- Practice concepts

2 Day Two

- Mastering the forehand
- Backhand basics
- Light coordination

3 Day Three

- Further forehand work
- Mastering the backhand
- Introduction to the serve

4 Day Four

- Light forehand & backhand practice
- Playing matches
- Course summary
- **Certificates awarded!**

What Not to Expect

- ✗ **Intense cardio.** This is about skill, not exhaustion.
- ✗ **Fluent, non-stop rallies and matches.** Real, flowing tennis takes time — here we build what makes it possible.

WHY WE'RE DIFFERENT

There are plenty of fast-learning courses out there. We built ours to give you skills and knowledge that serve you long after the course ends — not just a good feeling on the day.

*“Give someone a fish and they eat for a day.
Give them a fishing rod, and they eat for a
lifetime.”*

GEAR SHOULDN'T BE A BARRIER

Your First Racket

Tennis gear can be expensive and confusing when you're starting out — which racket, which weight, which grip? Part of this course's mission is to take that off your plate. You can always grab a hand-picked, quality second-hand racket **for cheap** — so getting your own saves you money instead of costing a fortune. Just ask, and we'll match you with one that fits you!

KEEP THE MOMENTUM

After the Course

The honest truth: four sessions build the foundation, but tennis is learned by repetition. The players who improve fastest are the ones who keep playing every week. That's exactly what our **group sessions** are for — a friendly, English-speaking group where you keep practising what you learned here, with Ido as your coach! When you're ready, we'll help you find the right group for your level.

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