

Limpsfield LTC

Adult Tennis Coaching Programme

We offer a comprehensive adult coaching programme designed to cover all ranges of standards.

Improvers

A weekly group lesson for inexperienced players who have not played for some time or are looking to move up to the next level.

Intermediates

These sessions are run in blocks of four week courses and are for those players just below team standard wishing to develop their games.

Men's Drills Night

A weekly session for men who like a workout, consisting of drills and match play from various tennis systems and Academies from around the world.

Team Training Sessions

These team training sessions focus on strategy and tactics for all teams. They are organised by their team captains and will run throughout the year.

Beginners Courses

We will soon be starting courses for beginner players consisting of coaching and drills. These will then be followed by a mix in play session for beginners, rusty players and improvers.

Tournaments and Events

We will be running a series of other events and tournaments throughout the year.