

**SIGN UP
NOW!**



TONI NADAL METHOD TENNIS COURSE

STARTING FEBRUARY 2023 ·
TENNISMESTA

COURSE PROGRAM



AP
Tennis
Coaching

DAY 01

Forehand & backhand groundstrokes
Defensive forehand & backhand
Forehand & backhand approach, volley +
overhead

DAY 02

Groundstrokes + defence + approaches
Return 1st & 2nd serve + backhand slice
Matchplay

ALINA PETRAS

Head Coach

