

## Senior Coaching

&ldquo;You can&rsquo;t teach an old dog new tricks&rdquo; is the most common response when an adult player is confronted with the notion of making changes to their game. It&rsquo;s a misconception based on a lack of understanding of what is required to make those changes. There are three fundamental requirements that a player must have in order to make improvements to their game.

1. Desire
2. Belief
3. Relative fitness

The bottom line is that anyone can improve their game...if they really want to. It does take plenty of dedicated practice but if you are clear about what you want & are prepared to work hard to achieve it, improvement is inevitable.

Group Coaching is a cost effective way of improving your playing level. Group sizes range between three & about twelve players with most sessions typically lasting an hour & a half. We adopt a game based approach where technique is taught in a tactical context. You might for example be introduced to a particular aspect of the forehand topspin; when reasonably competent the refined shot would be put into a points situation to see if the player could resist the temptation to go back to their old way of hitting. Click on any of these links & go to the Senior Coaching section for times of group coaching.

### SENIOR PROGRAMME

A number of coached sessions are available to members & non members. All adult group lessons need to be booked in advance online. Go to the Home Page & click on any of the dates you'll find in a box on the right of the page. Please email or phone if you need help choosing a session that would be most appropriate for your standard.

SENIOR COACHING SESSIONS DAYTIME DATES COSTS  
Saturday 12.30-2.00 Ongoing £8.00  
Monday 10.00-11.30 Ongoing £8.00  
Friday 10.00-11.30 Ongoing £8.00

If coming down to an Optima coaching session isn't practical, sign up with us to gain access to our Coaching Tips page where you can read about ideas that you can try at your local venue.