Parents often ask, as do some students, if the drills and skills vary from session to session, or if each session is always the same. The answer is “no”. Here is why.

There are many variations and versions of all of the tennis strokes (groundstrokes, volleys, overheads, and serves) for students to learn, which cannot be covered effectively during only one 6-week session. For example, a forehand could have the following versions (not limited to list…..combine some of these points below to create more variations):

- Cross court forehand
- Down the line forehand
- Topspin forehand
- Underspin forehand
- Closed stance forehand
- Open stance forehand
- Inside out forehand
- Flat drive forehand
- Defensive forehand
- Chip or slice dropshot forehand
- Approach forehand
- Out of the air forehand
- Running forehand
- Outside in forehand
- On the rise forehand
- Eastern or semi-western forehand
- Half volley forehand
- Topspin lob forehand
- Chip lob forehand

At QOSTC, we cover 5 to 12 “shots” per clinic and create variations. This allows your child to focus more effectively by way of varying repetition drills, stay interested, and continue to make progress. Many clubs, resorts or academies offer only a “stroke of the day”, which could be forehands only. Kids enjoy the skills improvement and entertainment value associated with doing a vast variety of skills, drills and games, which is why QOSTC stands apart from other clubs.