

Hackney Council's New Age Games Tennis Sessions with Hackney Tennis

The New Age Games tennis sessions provide a relaxed and social tennis environment, where Hackney residents of all standards aged over 50 can improve their tennis skills and enjoy the benefits of playing social doubles. The sessions are friendly, welcoming and run by a fully qualified LTA level 3 tennis coach from Hackney Tennis.

The New Age Games sessions are funded by Hackney Council for Hackney residents. To attend the New Age Games sessions, you must be registered to the New Age Games programme and follow the user guidance.

Tennis Session Details

Venue	Time	No of courts	Capacity
Clissold Park	10:30-12:00	5 Courts	20 players
Hackney Downs	10:30-12:00	4 or 5 Courts	16 or 20 players

Please note that places are provided on a first come first served basis, so if the session is at full capacity when you arrive the tennis coach may not be able to include you in the session.

Tennis Session Structure

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Session Structure	Description	Timings
Warm up	Racket based warm up allowing players to warm up all their shots in a relaxed and steady way, to help prevent injury and maximise their potential benefit from the session.	15 mins
Specific coaching Theme	A coaching theme is provided, and a game-based coaching approach is used to help players develop their tennis with a particular emphasis on doubles play. Skills are tailored to the players' levels with basic skills for those new to the game and additional skills layered in for more advanced players.	30 mins
Doubles Matchplay	After the coaching section, participants then play social doubles matches with a system in place to ensure different partners and opponents for each 20min match.	40 mins
Cool down & Recap	Light cool down to bring heart rate down, helps to prevent injuries, stiffness/soreness and relax the mind. Recap of the main themes of the session.	5 mins

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