

Tennis Training To Suit You

Are you keen to perfect your serve and move up the pecking order at your tennis club? Would you like to enjoy the benefits of fun and social exercise? Well your local coach is here to help! No matter whether you're keen to involve your little lion cubs in the game or boost your own performance in readiness for competitive challenges, Mirjam offers tennis coaching to suit. You can take your choice from these quality coaching options:

Lion Cubs

Our lion cub sessions are the perfect opportunity for you to enjoy tennis with your toddler. They involve a variety of fun activities designed to improve co-ordination and confidence. Share the enjoyment as your little lion cub develops a range of essential tennis skills!

Little Lion Pride

Tennis enthusiasts aged 5 and upwards have the chance to develop essential skills in the lion pride groups. These can be arranged after school or during the holidays, depending upon availability.

Jungle Tennis Camps

Because you don't want your little ones to be cooped up indoors during the holidays. Give them the chance to learn essential tennis skills at the specially organised jungle tennis camps.

Lioness Social

Whoever said that tennis had to be serious? You can meet up with your friends and have an absolutely smashing time during the lioness social sessions. Mirjam will be on hand for technical and tactical advice. However, we'll be focussing on fun!

Competitive Lioness Training

Mirjam will take the time to assess and make suggestions for improved performance during focussed games of ladies doubles. You'll be striking the ball with confidence after the intense Spanish drills.

Big Cat Coaching

Whether you're looking to channel your competitive spirit or become the next Roger Federer or Maria Sharapova, individual lessons are an absolute must. Mirjam will assess your game and set achievable goals for the short, medium and long term. You'll develop into a well-rounded player with a comprehensive understanding of the tactical, technical and physical tennis elements.

Your Caring Tennis Coach

Mirjam was born in Estonia and started playing tennis at the age of 6. Her natural passion and enthusiasm for tennis was honed during competitive matches. She went on to train as a criminal barrister and learned the importance of social guidance for the young. However, Mirjam continued to play tennis and subsequently committed to a career in the game.

Expert Credentials

Widely Recognised LTA and Spanish RPT Qualifications
First Aid
DBS
Additional training (details available on request)

Much More Than A Game

You'll enjoy a range of social and physical benefits during Lion tennis coaching sessions. A sense of discipline and self-control will develop as you hone your skills. You'll learn the importance of winning and losing with equal dignity and grace. New friends will be made and your confidence will

increase. Mirjam will strive to make every session as enjoyable and satisfying as possible.

What Is Expected From You?

Mirjam can help, no matter your physical strengths or understanding of the game. However, the sessions will be most effective if you show enthusiasm, embrace fresh challenges and maintain a positive sense of respect. Mirjam will incorporate a variety of fun activities in the aim of developing your playing ability and confidence on the court. Players who take an active interest and follow the recommended practice schedules will stand the best chance of success.

Coaching For Players Across Suffolk

Mirjam offers tennis coaching in a range of localities including:

Framlingham
Debenham
Stonham Aspal
Stowmarket
Ipswich

The lion cub tennis sessions are held on village tennis courts or spacious halls, depending upon the weather. Mirjam is also prepared to travel to local schools, clubs and gyms. The sessions can be adapted to meet any special requirements and held at times to suit you.

Booking Your Tennis Lessons

Keen to find out more or ready to book your tennis sessions? Give Mirjam a call on [07435259195](tel:07435259195) or write her e-mail: mirjam.frey@gmx.net today!