



Pro Tennis

Following on from its successful debut year in 2025, our exceptional Pro Tennis course is back for 2026.

This intensive two-week programme is designed for keen tennis players aged 12–17 who play regularly and are looking to elevate their game under the guidance of experienced professional coaches.

Students will benefit from technical coaching and specific tennis-related strength and conditioning training, as well as sharpening psychological aspects of their game, such as developing resilience and a tactical mindset.

TENNIS INSTRUCTOR

Delivered by the Bede’s Director of Tennis and LTA performance coaches from Bede’s School, players will hone technique whilst training like professionals. Francesca Byrne played for Great Britain U18’s and competed internationally, nationally and represented Sussex at every age group. She was formerly tennis coach to all levels at the Bath International Performance Centre between 2009 and 2013. Currently, she is the Director of Tennis at Bede’s and Tennis Eastbourne, as well as an LTA performance coach. Under Francesca’s leadership, Bede’s pupils recently won the Tennis Sussex LTA Awards at the Amex Stadium. The year-round Bede’s Tennis Academy at Bede’s Senior School in Dicker provides top coaching and state-of-the-art facilities to help students reach their full potential.

PROGRAMME

This intensive tennis and English course includes 14 hours of English tuition and 12 hours of tennis training per week and is tailored for dedicated tennis players seeking to elevate their game to the next level. Pro Tennis will cultivate the next generation of competitors.

	LOCATION	Dicker
	AGES	12–17 years
	DATES	5–25 July 2026
	CAPACITY	28
	ENGLISH LESSONS	14 hours per week
	TENNIS TRAINING	12 hours per week
	MINIMUM LEVEL	A2 Tennis Intermediate
	MAX CLASS SIZE	14
	BEDS PER ROOM	1–4 beds
	STAFF:STUDENT RATIO	1:5
	SPECIALITY	Intensive Tennis

ENGLISH LEVELS & CLASSES

Pro Tennis		
A0	Complete Beginner	
A1	Beginner	
A1–A2	Elementary	
A2	Pre-Intermediate	•
B1	Intermediate	•
B2	Upper Intermediate	•
C1	Advanced	•
C2	Proficiency	•

ENGLISH SKILLS

There are 10 hours of English Skills lessons per week which are designed to improve students' general language skills, extend their vocabulary and better their understanding of grammar, to improve accuracy and fluency when producing spoken and written English.

ENRICHMENT

During these sessions, students will further enrich their language skills by deepening their cultural understanding of the places they visit during excursions, using real-world materials such as leaflets, word searches, adverts and articles to develop their productive and receptive English skills pre- and post-excursions.

TENNIS LEVEL

This course is open to experienced tennis players at an intermediate or advanced level.

COURSE CONTENT

Students will master essential tennis techniques, from powerful serves to strategic volleys, while developing advanced match strategies tailored to their unique playing styles. The course also emphasises mental resilience and fitness conditioning, ensuring players not only enhance their skills but also cultivate a winning mindset.

Strength & Conditioning Students will build explosive power, agility and endurance through tailored workouts designed to enhance on-court performance and reduce injury risk.

Technical Training Students will hone essential skills such as serving, volleying, and footwork through targeted drills and expert feedback to elevate players' overall game performance.

Tactical Training Players will be equipped with strategic insights and decision-making skills, enabling them to outsmart opponents and adapt their game plans during matches.

Match Play Students will engage in competitive matches, focusing on implementing tactics and building confidence under pressure in a supportive environment.

Mental Resilience Students will discover strategies to enhance focus, manage pressure, and bounce back from setbacks, fostering a strong, competitive mindset.

IN-HOUSE COMPETITIONS

On Fridays, students will take part in in-house tennis competitions with external players to showcase their skills, build camaraderie and gain valuable match experience against local highly-ranked tennis players.

EXCURSIONS

Pro Tennis students will join Dicker's English Plus students on Wednesday half-day and weekend full-day excursions for the exciting cultural and historic destinations and attractions around London and the South of England.

TYPICAL DAY

Pro Tennis students receive 12 hours of tennis training per week. The core programme includes:

09.00 ENGLISH SKILLS 1 & 2

11.30 ENRICHMENT

13.30 WARM-UP, STRENGTH & CONDITIONING

14.15 TECHNICAL TRAINING

15.30 TACTICAL TRAINING/ MATCH PLAY

16.15 MENTAL RESILIENCE



Your
journey
starts
here