



Mentor Jarvis leads live session for youngsters

Author: Paul Stimpson

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England's Tom Jarvis led a Youth Sport Trust (YST) After School Club for children and young people.

Tom focused on developing reaction speed, footwork and leg power in his live YouTube session, which was under the umbrella of the YST [Athlete Mentors](#).

The After School Club runs every Tuesday and Thursday with guest athletes from different sport National Governing Bodies helping to host the sessions. It aims to help all young people feel part of a club while many schools have been shut and youth sport put on hold.

You can watch the session below:

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