

evolve junior coaching

The following junior coaching programme will operate at the Khandallah Tennis & Squash Club:

Term 2 2018: Monday 30 April – Sunday 8 July (10 weeks)

Term 3 2018: Monday 23 July – Sunday 30 September (10 weeks)



Tennis Hot Shots			
Blue stage (3-4 yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills through movement, catching, throwing and striking. 1 coach: 4 players	Tu W F	11-11:30am 1:30-2pm 10:30-11am	\$90 (1 day)
Red stage – ½ court (5-8 yrs)			
Red 1: Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. Ratio 1:6	M Tu W Th	3:30-4:15pm	\$140 (1 day)
Red 2: Continue developing motor skill base, key grips and strokes, cooperative skills and game understanding. Ratio 1:6	Th F	4:15-5pm	\$140 (1 day)
Orange stage – ¾ court (8-10 yrs)			
Orange 1: Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	M Tu W Th	4-5pm 4:15-5:15pm	\$180 (1 day)
Orange 2: build tactical understanding, use the court to create advantages in a rally during singles and doubles points, and encourage match play and game planning. Ratio 1:6	Tu W	4-5pm	\$180 (1 day)
Green stage (Novice interclub)			
Advance tactical knowledge, spin on ground strokes and serve, understand fair play, learn to manage emotions, execute all possible shots on a tennis court. Ratio 1:6	Tu Th	5:15-6:15pm 5-6pm	\$180 (1 day)



Teen Tennis			
Intermediate interclub (A & B grade)	Days	Time	10 wk cost
Build on current tactical and technical skills, consistency on all strokes, increase strength and speed, develop game plans, pre and post match analysis, follow tournament schedules. 1:6	W Th	6-7:30pm	\$240 (1 day)
Advanced interclub (Regional grade +)			
Build on tactical knowledge, develop 1-2 combinations, pre-match, during and post match routines to maintain emotional control. Flexibility, strength and speed. Ratio 1:6	Tu W Th	6:30-8:30pm	\$300 (1 day) \$540 (2 days)

Please note, this programme is subject to demand and court availability.

For more information or to register contact:

Phone: (04) 479 1386 **Email:** info@evolvetenniscoaching.co.nz

evolve tennis coaching

Khandallah Tennis & Squash Club, 55 Delhi Crescent, Khandallah www.evolvetenniscoaching.co.nz