

# evolve junior coaching

The following junior coaching programme will operate at Mitchell Park:

**Term 4 2018:** Monday 15 October – Sunday 16 December (9 weeks)

**Term 1 2019:** Monday 28 January – Sunday 14 April (11 weeks)



<b>Tennis Hot Shots</b>			
<b>Blue stage (3-4 yrs)</b>	<b>Days</b>	<b>Times</b>	<b>10 wk cost</b>
Build fundamental perceptual motor skills through movement, catching, throwing and striking. 1 coach: 4 players	<b>Contact Evolve to arrange</b>	<b>30 minutes</b>	<b>\$90 (1 day)</b>
<b>Red stage – ½ court (5-8 yrs)</b>			
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. Ratio 1:6	<b>M Th</b>	<b>3:45-4:30pm 3:30-4:15pm</b>	<b>\$140 (1 day)</b>
<b>Orange stage – ¾ court (8-10 yrs)</b>			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	<b>Tu</b>	<b>4-5pm</b>	<b>\$180 (1 day)</b>
<b>Green stage (Novice Interclub)</b>			
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	<b>M</b>	<b>4:30-5:30pm</b>	<b>\$180 (1 day)</b>



<b>Performance</b>			
<b>Intermediate interclub (Div 2 – Prem B)</b>	<b>Days</b>	<b>Times</b>	<b>10 wk cost</b>
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. Ratio 1:6	<b>M</b>	<b>6:30-8:30pm</b>	<b>\$240 (1 day)</b>
<b>Advanced interclub training (Prem A +)</b>			
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	<b>M Th</b>	<b>6:30-8:30pm</b>	<b>\$300 (1 day) \$540 (2 days)</b>

<b>Private lessons</b>	<b>Days</b>	<b>Time</b>	<b>Per hour/half hour</b>
Structured for your individual game style and skill level. Private lessons are a great way to make rapid progress and make changes in your game. We have tiered pricing based on the qualifications and experience of the coach.	<b>Please contact Evolve to arrange</b>	<b>TBA</b>	<b>Jakim or Francisco \$65 / \$37.50 Lewis \$60 / \$35</b>

**For more information or to register contact:**

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

**evolve tennis coaching**

Mitchell Park, 10 Mitchell Street, Eponi, Lower Hutt | [www.evolvetenniscoaching.co.nz](http://www.evolvetenniscoaching.co.nz)