

evolve junior coaching

The following junior coaching programme will operate at the Thorndon Club:

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

Term 1 2019: Monday 28 January – Sunday 14 April (11 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	Contact Evolve to arrange	30 minutes	\$90 (1 day)
Red stage – ½ court (5-8 yrs)			
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. 1 coach: 6 players	Tu	3:15-4pm	\$140 (1 day)
Orange stage – ¾ court (8-10 yrs)			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	Tu	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	5-6pm	\$180 (1 day)

Private lessons	Days	Time	Per hour/half hour
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.	Tu	Contact Evolve to arrange	Nick \$65 / \$37.50
Interclub Team Training			
Consistency and accuracy on all strokes, volley confidence. Fundamental tactics in singles and doubles, positioning, fundamental movement and match routines.	Tu	Contact Evolve to arrange	\$60 or (4+ players \$15 each)

For more information or to register contact:

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

evolve tennis coaching

Thorndon Club, 4 Katherine Avenue, Thorndon | www.evolvetenniscoaching.co.nz