

evolve junior coaching

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

Term 2 2019: Monday 29 April – Sunday 7 July (10 weeks)

Term 3 2019: Monday 22 July – Sunday 29 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	F	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	3:45-4:30pm 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	W Th	3:30-4:15pm 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	4:30-5:30pm 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	Th	5-6pm	\$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	5:15-6:15pm	\$180 (1 day)



Teen Tennis			
Teen interclub preparation	Days	Time	10 wk cost
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. 1:6	Th	5:15-6:15pm	\$180 (1 day)
Intermediate interclub (A & B grade)			
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	6-8pm	\$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 Th	6:15-8:15pm 6:30-8:30pm	\$300 (1 day) \$540 (2 days)

For more information or to register contact:

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