

evolve junior coaching

The following junior coaching programme will operate at Mitchell Park:

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	Contact Evolve to arrange	30 minutes	\$90 (1 day)
Red stage – ½ court (5-8 yrs)	M Th	3:45-4:30pm 3:30-4:15pm	\$140 (1 day)
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. Ratio 1:6			
Orange stage – ¾ court (8-10 yrs)	Tu F	3:45-4:30pm	\$180 (1 day)
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6			
Green stage (Novice Interclub)	M	4:30-5:30pm	\$180 (1 day)
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			



Performance			
Intermediate interclub (Div 2 – Prem B)	Days	Times	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. Ratio 1:6	M Th	5-6:30pm	\$240 (1 day)
Advanced interclub training (Prem A +)	M Th	6:30-8:30pm	\$300 (1 day) \$540 (2 days)
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			

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.	TBA	TBA	Francisco \$65 / \$37.50 Lewis \$60 / \$35

For more information or to register contact:

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

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