

evolve adult coaching

The following programme will operate at the Thorndon Club:

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

Term 3 2019: Monday 22 July – Sunday 29 September (10 weeks)



| Skill development | | | |
|---|---------|--------|---------------|
| Beginners (0-2 years) | Days | Times | 10 wk cost |
| Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6 | Tuesday | 7-8pm | \$180 (1 day) |
| Intermediate (2+ years) | | | |
| Build consistency on all strokes, develop understanding of tactical fundamentals in doubles and singles, warm-up and down routines, match routines. Encourage interclub tennis. Ratio 1:6 | Sunday | 12-1pm | \$240 (1 day) |



| Performance | | | |
|--|---------------------------|---------------|---------------|
| Advanced Training | Days | Time | 10 wk cost |
| 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 | Contact Evolve to arrange | 90 minutes | \$240 (1 day) |
| Interclub Team Training | | | |
| Volley confidence, serve placement, groundstroke consistency, doubles positioning, team tactics. | Contact Evolve to arrange | 60-90 minutes | TBA |

| Fitness | | | |
|---|---------------------------|------------|------------------|
| Cardio Tennis | Days | Time | Cost per session |
| This is a fun, social, group programme for all ages and abilities. Participants wear heart rate monitors, exercise to music, use Cardio Tennis balls and a variety of equipment, including agility ladders. The workout consists of a warm-up, cardio segment (drill-based and play-based activities) and a cool down. We highly recommend trying out this exciting initiative. Ratio 1:8 | Contact Evolve to arrange | 60 minutes | \$15 |

| 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. | Contact Evolve to arrange | 30-60 minutes | Nick \$65 / \$37.50 |

For more information or to register contact:

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Email: info@evolvetenniscoaching.co.nz

evolve tennis coaching

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