

# evolve junior coaching

The following junior coaching programme will operate at the Muritai Tennis Club:

**Term 4 2019:** Monday 14 October – Sunday 22 December (10 weeks)

**Term 1 2020:** Monday 27 January – Thursday 9 April (11 weeks)



<b>Tennis Hot Shots</b>			
<b>Red stage – ½ court (5-8 yrs)</b>	<b>Days</b>	<b>Times</b>	<b>10 wk cost</b>
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. 1 coach: 6 players	<b>W Sun</b>	<b>3:15-4pm 9:15-10am</b>	<b>\$140</b> (1 day)
<b>Orange stage - ¾ court (8-10 yrs)</b>			
<b>Orange 1:</b> Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	<b>W Sun</b>	<b>4-5pm 10-11am</b>	<b>\$180</b> (1 day)
<b>Orange 2:</b> 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	<b>W</b>	<b>4-5pm</b>	<b>\$180</b> (1 day)
<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>W Sun</b>	<b>5-6pm 11am-12pm</b>	<b>\$180</b> (1 day)



<b>Performance</b>			
<b>Intermediate interclub (Div 2 – Prem B)</b>	<b>Days</b>	<b>Time</b>	<b>10 wk cost</b>
Build on tactical knowledge, court positioning, consistency and accuracy on all strokes. Develop footwork patterns and match routines. Ratio 1:6	<b>W</b>	<b>6-7:30pm</b>	<b>\$240</b> (1 day)

<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>W Sun</b>	<b>Contact Evolve to arrange</b>	<b>Maja \$65 / \$37.50 Jamie \$60 / \$35</b>
<b>Interclub Team Training</b>			
Consistency and accuracy on all strokes, volley confidence. Fundamental tactics in singles and doubles, positioning, fundamental movement and match routines.	<b>W Sun</b>	<b>Contact Evolve to arrange</b>	<b>\$60 or (4+ players \$15 each)</b>

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

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

**evolve tennis coaching**

Muritai Tennis Club, 356 Muritai Road, Eastbourne | www.evolvetenniscoaching.co.nz