

# evolve junior coaching

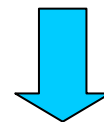
The following junior coaching programme will operate at the Thorndon Club:

**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>Blue stage (3-4 yrs)</b>	<b>Days</b>	<b>Times</b>	<b>10 wk cost</b>
Build fundamental perceptual motor skills through movement, catching, throwing and striking. 1 coach: 4 players	<b>Contact Evolve to arrange</b>	<b>30 minutes</b>	<b>\$90 (1 day)</b>
<b>Red stage – ½ court (5-8 yrs)</b>			
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. 1 coach: 6 players	<b>Tu F</b>	<b>3:30-4:15pm</b>	<b>\$140 (1 day)</b>
<b>Orange stage – ¾ court (8-10 yrs)</b>			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	<b>Tu Th</b>	<b>3:30-4:30pm</b>	<b>\$180 (1 day)</b>
<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>Tu F</b>	<b>4:30-5:30pm 3:45-4:45pm</b>	<b>\$180 (1 day)</b>



<b>Teen Tennis</b>			
<b>Intermediate interclub (A &amp; B grade)</b>	<b>Days</b>	<b>Time</b>	<b>10 wk cost</b>
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	<b>F</b>	<b>5:45-6:45pm</b>	<b>\$180 (1 day)</b>

<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>Tu Th F</b>	<b>Contact Evolve to arrange</b>	<b>Nick \$65 / \$37.50 James \$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>Tu Th F</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**

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