

evolve tennis coaching

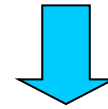
The following coaching programme will operate at the Muritai Tennis Club:

Term 4 2020: Monday 12 October – Sunday 20 December (10 weeks)

Term 1 2021: Monday 1 February – Sunday 18 April (11 weeks)



Tennis Hot Shots			
Red Stage – ½ court (5-8 yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. 1 coach: 6 players	W	3:15-4pm	\$150 (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	W	4-5pm	\$200 (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	W	5-6pm	\$200 (1 day)



Performance			
Intermediate Development Squad	Days	Time	10 wk cost
Build on tactical knowledge, court positioning, consistency and accuracy on all strokes. Develop footwork patterns and match routines. Ratio 1:6	W	6-7:30pm	\$260 (1 day)

Adult 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	Wednesday	7.30-8.30pm	\$200 (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	Wednesday	7.30-8.30pm	\$200 (1 day)

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.	W	Contact Evolve to arrange	Maja \$70 / \$40 James \$60 / \$35

For more information or to register contact:

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

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