

evolve tennis coaching

The following coaching programme will operate at the Thorndon Club:

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

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



Junior 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	M Tu F	3:30-4:15pm	\$150 (1 day)
Orange Stage – ¾ court (8-10 yrs)			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	M Tu F	4:15-5:15pm	\$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	Tu Th F	5:15-6:15pm 4-5pm 3:45-4:45pm	\$200 (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	Tuesday	7-8pm	\$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	Thursday	7-8pm	\$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.	M Tu Th F	Contact Evolve to arrange	Head or Senior Coach \$70 / \$40 Development Coach \$60 / \$35
Interclub Team Training			
Consistency and accuracy on all strokes, volley confidence. Fundamental tactics in singles and doubles, positioning, fundamental movement and match routines.	M Tu Th F	Contact Evolve to arrange	\$70 / \$60 per hour (4+ players \$17.50 / \$15 each)

For more information or to register contact:

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

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