

evolve tennis coaching

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

Term 2 2021: Monday 3 May – Sunday 11 July (10 weeks)

Term 3 2021: Monday 26 July – Sunday 3 October (10 weeks)



Junior Tennis Hot Shots			
Orange Stage - 3/4 court (8-10 yrs)	Days	Times	10 wk cost
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding, 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	W	4-5pm	\$200 (1 day)
Green Stage (Novice interclub)	Days	Times	10 wk cost
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)



Junior Development			
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			
Beginner (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)	Days	Times	10 wk cost
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.	W	Contact Evolve to arrange	Maja \$70 / \$40

For more information or to register contact:

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

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