

evolve junior coaching

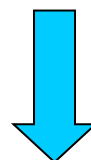
The following coaching programme will operate at the Khandallah Tennis & Squash Club:

Term 2 2023: Monday 24 April – Friday 30 June (10 weeks)

Term 3 2023: Monday 17 July – Friday 22 September (10 weeks)



Tennis Hot Shots			
Blue Stage (3-4 yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills through movement, catching, throwing and striking. 1 coach:4 players	TBA	TBA	\$110 (1 day)
Red Stage – ½ court (5-8 yrs)	M Tu W Th	3:30-4:15pm	\$165 (1 day)
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness, key grips and strokes, cooperative skills and game understanding. Ratio 1:6		3:45-4:30pm	
		4-4:45pm	
		3:30-4:15pm	
Orange Stage – ¾ court (8-10 yrs)	M M W Th	4.15-5pm	\$165 (1 day)
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6		5-6pm	\$220 (1 day)
		3:15-4:15pm	\$220 (1 day)
		4:15-5:15pm	\$220 (1 day)
Green Stage (Novice interclub)	TBA	TBA	\$220 (1 day)
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			



Development			
Junior Development Squad	Days	Time	10 wk cost
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. Ratio 1:6	TBA	TBA	\$220 (1 day)
Teen Development Squad	Tu Th	5:30-6:30pm	\$220 (1 day)
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. Ratio 1:6		5:15-6:15pm	
Intermediate Development Squad	M W	4:30-5:30pm	\$220 (1 day)
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. Ratio 1:6		6:15-8:15pm	\$350 (1 day)
Advanced Development Squad	Tu	6:30-8:30pm	\$350 (1 day)
Build on tactical knowledge, develop 1-2 combinations, pre-match, during and post match routines to maintain emotional control. Flexibility, strength and speed. Ratio 1:6			

For more information or to register contact:

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