

# evolve tennis coaching

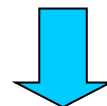
The following coaching programme will operate at the Muritai Tennis Club:

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

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



Junior Tennis Hot Shots			
Red Stage – ½ court (5-8 yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills, key grips, ground strokes, serve, volley and court awareness, cooperative skills and game understanding. <b>1 coach:6 players</b>	<b>W</b>	<b>3:15-4pm</b>	<b>\$165</b> (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 encourage match play and game planning <b>Ratio 1:6</b>	<b>W</b>	<b>4-5pm</b>	<b>\$220</b> (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. <b>Ratio 1:6</b>	<b>W</b>	<b>5-6pm</b>	<b>\$220</b> (1 day)



Junior Development			
Junior Development Squad	Days	Time	10 wk cost
Build tactical understanding, fundamental technique on all strokes, singles and doubles game. <b>Ratio 1:6</b>	<b>W</b>	<b>6-7pm</b>	<b>\$220</b> (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. <b>Ratio 1:6</b>	<b>W</b>	<b>12-1pm 8-9pm</b>	<b>\$220</b> (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. <b>Ratio 1:6</b>	<b>W</b>	<b>7-8pm</b>	<b>\$220</b> (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.	<b>W</b>	<b>Contact Evolve to arrange</b>	<b>Adam \$70 / \$40</b>

**For more information or to register contact:**

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

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Muritai Tennis Club, 356 Muritai Road, Eastbourne | [www.evolvetenniscoaching.co.nz](http://www.evolvetenniscoaching.co.nz)