

# evolve tennis coaching

The following coaching programme will operate at the Thorndon 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, ground strokes, serve, volley and court awareness. <b>1 coach:6 players</b>	Thursday	3:30-4:15pm	\$165 (1 day)
Orange Stage – ¾ court (8-10 yrs)	TBA	TBA	\$220 (1 day)
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. <b>Ratio 1:6</b>			
Green Stage (Novice interclub)	Thursday	5-6pm	\$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. <b>Ratio 1:6</b>			



Junior/Teen Development			
Junior Development Squad	Days	Time	10 wk cost
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. <b>Ratio 1:6</b>	TBA	TBA	\$220 (1 day)
Teen Development Squad	TBA	TBA	\$220 (1 day)
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. <b>Ratio 1:6</b>			

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>	Monday Tuesday	6:30-7:30pm 6:30-7:30pm	\$220 (1 day)
Intermediate (2+ years)	Thursday	6-7pm	\$220 (1 day)
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>			

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.	Contact Evolve to arrange	30-60 minutes	Senior Coach \$70 / \$40 Development Coach \$60 / \$35

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

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

**evolve tennis coaching**

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