

evolve tennis coaching

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

Term 2 2025: Monday 28 April – Friday 27 June (9 weeks)

Term 3 2025: Monday 14 July – Friday 19 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. 1 coach:6 players	W	3:15-4pm	\$190 (1 day)
Orange Stage - ¾ 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 encourage match play and game planning Ratio 1:6	W	4-5pm	\$250 (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	\$250 (1 day)



Junior Development			
Junior Development Squad	Days	Time	10 wk cost
Build tactical understanding, fundamental technique on all strokes, singles and doubles game. Ratio 1:6	W	5-6pm	\$250 (1 day)
Intermediate Development Squad	Days	Time	10 wk cost
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 1:8	W	6-7pm	\$250 (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	W	1.30-2.30pm 7-8pm	\$250 (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 1:8	W	7-8pm	\$250 (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.	W	Contact Evolve to arrange	Adam \$80 / \$47.50

For more information or to register contact:

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

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