

evolve tennis coaching

The following coaching programme will operate at the Wellington 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, ground strokes, serve, volley and court awareness. 1 coach:6 players	Monday	4:15-5pm	\$190 (1 day)
Orange Stage – ¾ court (8-10 yrs)	Monday	5-6pm	\$250 (1 day)
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6			
Green Stage (Novice interclub)	TBA	TBA	\$250 (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			



Junior/Teen 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	Friday	4:30-5:30pm	\$250 (1 day)
Teen Development Squad	TBA	TBA	\$250 (1 day)
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. Ratio 1:6			

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	Tuesday Thursday	5:30-6:30pm 5-6pm	\$250 (1 day)
Intermediate (2+ years)	Tuesday	6:30-7:30pm	\$250 (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. Ratio 1:6			

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 \$85 / \$50

For more information or to register contact:

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

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