

evolve tennis coaching

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

Term 4 2025: Monday 28 April – Friday 27 June (11 weeks)

Term 1 2026: Monday 14 July – Friday 19 September (9 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	\$195 (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 Ratio 1:6	W	4-5pm	\$260 (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. Ratio 1:6	W	5-6pm	\$260 (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	\$260 (1 day)
Intermediate Development Squad			
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	\$260 (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	1-2pm 7-8pm	\$260 (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. Ratio 1:8	W	7-8pm	\$260 (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 \$82.50 / \$50

For more information or to register contact:

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

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