

evolve junior coaching

The following junior coaching programme will operate at the Khandallah Tennis & Squash Club:

Term 2 2021: Monday 3 May – Sunday 11 July (10 weeks)

Term 3 2021: Monday 26 July – Sunday 3 October (10 weeks)



Tennis Hot Shots			
Blue Stage (3-4 yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills through movement, catching, throwing and striking. Ratio 1:4	F	10.30-11am	\$100 (1 day)
Red Stage – ½ court (5-8 yrs)			
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness, key grips and strokes, cooperative skills and game understanding. Ratio 1:6	M W Th M Tu W	3.30-4.15pm 4.15-5pm 4-4.45pm	\$150 (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, build tactical understanding, use the court to create advantages in a rally during singles and doubles points, and encourage match play and game planning. Ratio 1:6	M Th	5-6pm 4.15-5.15pm	\$200 (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	Tu Th Th	4.45-5.45pm 4.15-5.15pm 5.15-6.15pm	\$200 (1 day)



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	M Th	4.30-5.30pm 5-6pm	\$200 (1 day)
Teen Development Squad			
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. Ratio 1:6	Th	6.15-7.15pm	\$200 (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 1:6	W	6-8pm	\$320 (1 day)
Advanced Development Squad			
Build on tactical knowledge, develop 1-2 combinations, pre-match, during and post-match routines to maintain emotional control. Flexibility, strength and speed. Ratio 1:6	Tu W	6.30-8.30pm 5.30-7pm	\$320 (1 day) \$260 (1 day)

For more information or to register contact:

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

evolve tennis coaching

Khandallah Tennis & Squash Club, 55 Delhi Crescent, Khandallah | www.evolvetenniscoaching.co.nz

evolve adult coaching

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Term 2 2021: Monday 3 May – Sunday 11 July (10 weeks)

Term 3 2021: Monday 26 July – Sunday 3 October (10 weeks)



Skill Development			
Beginner (0-2 years)	Days	Time	10 wk cost
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	M Tu W	7.30-8.30pm 1-2pm 7-8pm	\$200 (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 1:6	Th F	7-8.30pm 11am-12pm	\$260 (1 day) \$200 (1 day)



Performance			
Advanced Training	Days	Time	10 wk cost
Build on tactical knowledge, develop 1-2 combinations, pre-match, during and post-match routines to maintain emotional control. Flexibility, strength and speed. Ratio 1:6	Contact Evolve to arrange	90 minutes	\$260 (1 day)
Interclub Team Training			
Consistency and accuracy on all strokes, volley confidence. Fundamental tactics in singles and doubles, positioning, fundamental movement and match routines.	Contact Evolve to arrange	60-90 minutes	TBA

Fitness			
Cardio Tennis	Days	Time	Cost per session
This is a fun, social, group programme for all ages and abilities. Participants wear heart rate monitors, exercise to music, utilise Cardio Tennis balls and a variety of equipment, including agility ladders. The workout consists of a warm-up, cardio segment (drill-based and play-based activities) and a cool down. We highly recommend trying out this exciting initiative. Ratio 1:8	Contact Evolve to arrange	60 minutes	\$15

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	Head or Senior Coach \$70 / \$40 Development Coach \$60 / \$35

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