

evolve tennis coaching

The following coaching programme will operate at the Thorndon Club:

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

Term 3 2021: Monday 26 July – Sunday 3 October (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, key grips and strokes, cooperative skills and game understanding. Ratio 1:6 | Tu F | 3.30-4.15pm | \$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 | Tu | 4.15-5.15pm | \$200 (1 day) |

| Junior 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 | 5.15-6.15pm 4-5pm | \$200 (1 day) |

| Adult 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 | Tu | 6-7pm | \$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 | 7-8 pm | \$200 (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. | Contact Evolve to arrange | 30-60 minutes | Head or Senior Coach \$70 / \$40 Development Coach \$60 / \$35 |
| 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 |

For more information or to register contact:

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

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Thorndon Club, 4 Katherine Avenue, Thorndon | www.evolvetenniscoaching.co.nz