

# evolve junior coaching

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

**Term 4 2017:** Monday 16 October – Sunday 17 December (9 weeks)

**Term 1 2018:** Monday 29 January – Sunday 15 April (11 weeks)



<b>Tennis Hot Shots</b>			
<b>Blue stage (3-4 yrs)</b>	<b>Days</b>	<b>Times</b>	<b>10 wk cost</b>
<b>Blue 1:</b> Build fundamental perceptual motor skills through movement, catching, throwing and striking. 1 coach: 4 players	<b>Tu W</b>	<b>11-11:30am 1:30-2pm</b>	<b>\$90</b> (1 day)
<b>Blue 2:</b> Continue developing motor skill base through movement, catching, throwing and striking. Ratio 1:4	<b>F</b>	<b>9:30-10am 10-10:30am</b>	<b>\$90</b> (1 day)
<b>Red stage – ½ court (5-8 yrs)</b>			
<b>Red 1:</b> Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. Ratio 1:6	<b>M Tu W Th</b>	<b>3:30-4:15pm</b>	<b>\$140</b> (1 day)
<b>Red 2:</b> Continue developing motor skill base, key grips and strokes, cooperative skills and game understanding. Ratio 1:6	<b>M Tu W Th F</b>	<b>4:15-5pm</b>	<b>\$140</b> (1 day)
<b>Orange stage – ¾ court (8-10 yrs)</b>			
<b>Orange 1:</b> Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	<b>M F M Tu W</b>	<b>4-5pm 4:15-5:15pm</b>	<b>\$180</b> (1 day)
<b>Orange 2:</b> 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	<b>Tu W Th</b>	<b>4:15-5:15pm 4-5pm</b>	<b>\$180</b> (1 day)
<b>Green stage (Novice interclub)</b>			
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	<b>Tu Th</b>	<b>5:15-6:15pm 5-6pm</b>	<b>\$180</b> (1 day)



<b>Teen Tennis</b>			
<b>Teen interclub preparation</b>	<b>Days</b>	<b>Time</b>	<b>10 wk cost</b>
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. 1:6	<b>W Th</b>	<b>6-7pm</b>	<b>\$180</b> (1 day)
<b>Intermediate interclub (A &amp; B grade)</b>			
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. 1:6	<b>W Th</b>	<b>6-7:30pm</b>	<b>\$240</b> (1 day)
<b>Advanced interclub (Regional grade)</b>			
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	<b>Tu Th</b>	<b>6:30-8:30pm</b>	<b>\$300</b> (1 day) <b>\$540</b> (2 days)

**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](http://www.evolvetenniscoaching.co.nz)