

evolve junior coaching

The following junior coaching programme will operate at Mitchell Park:

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

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



Tennis Hot Shots			
Blue stage (3-4 yrs)	Days	Times	10 wk cost
Blue 1: Build fundamental perceptual motor skills through movement, catching, throwing and striking. 1 coach: 4 players	Th	9:30-10am	\$90 (1 day)
Blue 2 Continue developing motor skill base through movement, catching, throwing and striking. Ratio 1:4	Tu	9:30-10am	\$90 (1 day)
Red stage – 1/2 court (5-8 yrs)			
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. Ratio 1:6	M	3:45-4:30pm	\$140 (1 day)
Orange stage – 3/4 court (8-10 yrs)			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	M	4:30-5:30pm	\$180 (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	M	5:30-6:30pm	\$180 (1 day)



Performance			
Intermediate interclub (Div 2 – Prem B)	Days	Times	10 wk cost
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	Th	5-6.30pm	\$240 (1 day)
Advanced interclub training (Prem A +)			
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	M Th	6.30-8.30pm	\$300 (1 day) \$540 (2 days)

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.	TBA	TBA	Jakim \$65 / \$37.50 Lewis \$60 / \$35

For more information or to register contact:

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

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