

evolve junior coaching

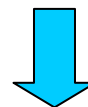
The following junior coaching programme will operate at the Muritai Tennis Club:

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			
Red stage – ½ court (5-8 yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. 1 coach: 6 players	Tu W	3:15-4pm	\$140 (1 day)
Orange stage - ¾ court (8-10 yrs)			
Orange 1: Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	Tu W	4-5pm	\$180 (1 day)
Orange 2: 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	W	4-5pm	\$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	Tu W	5-6pm	\$180 (1 day)



Performance			
Intermediate interclub (Div 2 – Prem B)	Days	Time	10 wk cost
Build on tactical knowledge, court positioning, consistency and accuracy on all strokes. Develop footwork patterns and match routines. Ratio 1:6	Tu W	6-7:30pm	\$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	W	6-7:30pm	\$240 (1 day)

Private Lessons	Days	Time	Per 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.	Tu	TBA	Lewis \$60
Interclub Team Training			
Consistency and accuracy on all strokes, volley confidence. Fundamental tactics in singles and doubles, positioning, fundamental movement and match routines.	TBA	TBA	\$60 or (4+ players \$15 each)

For more information or to register contact:

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

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