

evolve tennis coaching

The following junior coaching programme will operate at the Upper Hutt 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 (5-8yrs)	Day	Time	10 wk cost
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness. 1 coach: 6 players	Sun	9.15-10am	\$110 (1 day)
Orange stage – ¾ court (8-10yrs)			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	Sun	10-11am	\$150 (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	Sun	11am-12pm	\$150 (1 day)

For more information or to register contact:

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

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Upper Hutt Tennis Club, 18 Park Street, Upper Hutt www.evolvetenniscoaching.co.nz