

# evolve junior coaching

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

**Term 2 2024:** Monday 29 April – Friday 5 July (10 weeks)

**Term 3 2024:** Monday 22 July – Friday 27 September (10 weeks)



<b>Tennis Hot Shots</b>			
<b>Blue Stage (3-4 yrs)</b>	<b>Days</b>	<b>Times</b>	<b>10 wk cost</b>
Build fundamental perceptual motor skills through movement, catching, throwing and striking. <b>1 coach:4 players</b>	<b>TBA</b>	<b>TBA</b>	<b>\$120</b> (1 day)
<b>Red Stage – ½ court (5-8 yrs)</b>	<b>M</b>	<b>3:30-4:15pm</b>	<b>\$180</b> (1 day)
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness, key grips and strokes, cooperative skills and game understanding. <b>Ratio 1:6</b>	<b>Tu</b>	<b>3:45-4:30pm</b>	
	<b>W</b>	<b>4-4:45pm</b>	
	<b>Th</b>	<b>3:45-4:30pm</b>	
	<b>Orange Stage – ¾ court (8-10 yrs)</b>	<b>M</b>	<b>4:15-5:15pm</b>
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. <b>Ratio 1:6</b>	<b>W</b>	<b>3:15-4:15pm</b>	
	<b>Th</b>	<b>4:30-5:30pm</b>	
	<b>Green Stage (Novice interclub)</b>	<b>W</b>	<b>4:15-5:15pm</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. <b>Ratio 1:6</b>			



<b>Development</b>			
<b>Junior Development Squad (by assessment only)</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. Run using Orange, Green and Yellow ball depending on level. <b>Ratio 1:6</b>	<b>Contact Evolve to arrange</b>	<b>Various</b>	<b>\$240</b> (1 day)
<b>Teen Development Squad</b>	<b>Tu</b>	<b>5:30-6:30pm</b>	<b>\$240</b> (1 day)
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. <b>Ratio 1:6</b>	<b>Th</b>	<b>5:15-6:15pm</b>	
	<b>F</b>	<b>4:30-5:30pm</b>	
	<b>Intermediate Development Squad</b>	<b>M</b>	<b>4:30-5:30pm</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. <b>Ratio 1:6</b>	<b>W</b>	<b>6:15-8:15pm</b>	
	<b>Advanced Development Squad</b>	<b>Tu</b>	<b>6:30-8:30pm</b>
Build on tactical knowledge, develop 1-2 combinations, pre-match, during and post-match routines to maintain emotional control. Flexibility, strength and speed. <b>Ratio 1:6</b>			

**For more information or to register contact:**

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

**evolve tennis coaching**

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