

evolve junior coaching

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

Term 4 2024: Monday 14 October – Friday 20 December (10 weeks)

Term 1 2025: Monday 3 February – Friday 11 April (10 weeks)



Tennis Hot Shots			
Blue Stage (3-4 yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills through movement, catching, throwing and striking. 1 coach:4 players	TBA	TBA	TBA (1 day)
Red Stage – ½ court (5-8 yrs)	M	3:30-4:15pm	\$190 (1 day)
Build fundamental perceptual motor skills, ground strokes, serve, volley and court awareness, key grips and strokes, cooperative skills and game understanding. Ratio 1:6	Tu	3:45-4:30pm	
	W	4-4:45pm	
	Th	3:45-4:30pm	
	Orange Stage – ¾ court (8-10 yrs)	M	4:45-5:45pm
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	W	3:15-4:15pm	
	Th	4:30-5:30pm	
	Green Stage (Novice interclub)	W	4:15-5:15pm
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	Th	4:30-5:30pm	



Development			
Junior Development Squad (by assessment only)	Days	Time	10 wk cost
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. Run using Orange, Green and Yellow ball depending on level. Ratio 1:6	Contact Evolve to arrange	Various	\$250 (1 day)
Teen Development Squad	Tu	5:30-6:30pm	\$250 (1 day)
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. Ratio 1:6	Th	4:45-5:45pm	
	F	4:30-5:30pm	
	Intermediate Development Squad	M	4:30-5:30pm
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	W	5:30-6:30pm	\$400 (1 day)
		6:15-8:15pm	
Advanced Development Squad	Tu	6:30-8:30pm	\$400 (1 day)
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			

For more information or to register contact:

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

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