

evolve tennis coaching

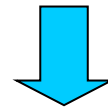
The following coaching programme will operate at the Muritai Tennis Club:

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

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



Junior Tennis Hot Shots			
Red Stage – ½ court (5-8 yrs)	Days	Times	10 wk cost
Build fundamental perceptual motor skills, key grips, ground strokes, serve, volley and court awareness, cooperative skills and game understanding. 1 coach:6 players	W	3:15-4pm	\$190 (1 day)
Orange Stage - ¾ court (8-10 yrs)			
Progress stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding encourage match play and game planning Ratio 1:6	W	4-5pm	\$250 (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	W	5-6pm	\$250 (1 day)



Junior Development			
Junior Development Squad	Days	Time	10 wk cost
Build tactical understanding, fundamental technique on all strokes, singles and doubles game. Ratio 1:6	W	6-7pm	\$250 (1 day)

Adult Skill Development			
Beginners (0-2 years)	Days	Times	10 wk cost
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	W	12-1pm 7-8pm	\$250 (1 day)
Intermediate (2+ years)			
Build consistency on all strokes, develop understanding of tactical fundamentals in doubles and singles, warm-up and down routines, match routines. Encourage interclub tennis. Ratio 1:6	W	7-8pm	\$250 (1 day)

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.	W	Contact Evolve to arrange	Adam \$80 / \$47.50

For more information or to register contact:

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

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Muritai Tennis Club, 356 Muritai Road, Eastbourne | www.evolvetenniscoaching.co.nz