

evolve tennis coaching

The following coaching programme will operate at the Thorndon 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, ground strokes, serve, volley and court awareness. 1 coach:6 players	Tuesday	3:45-4:30pm	\$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. Ratio 1:6	Monday	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	TBA	TBA	\$250 (1 day)



Junior/Teen Development			
Junior Development Squad	Days	Time	10 wk cost
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. Ratio 1:6	TBA	TBA	\$250 (1 day)
Teen Development Squad			
Build tactical understanding, fundamental technique on all strokes, singles and doubles game understanding. Ratio 1:6	TBA	TBA	\$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	Monday Tuesday	5-6pm 6:30-7:30pm 7:30-8.30pm	\$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	Monday Thursday	6:45-7:45pm 6-7pm	\$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.	Contact Evolve to arrange	30-60 minutes	Senior Coach \$72.50 / \$45 Development Coach \$65 / \$40

For more information or to register contact:

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

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