

Lower Hutt Tennis Club Term 4 Junior Coaching Programme

(Monday 17 October - Friday 23 December)

Level	Pre - Interclub Players		Interclub/Tournament Players	
Group	Tennis Hot Shots Group	U12 Telent I.D Squad	Beginner & Intermediate Competitor	Advanced Competitor
Age	7-9 years	8-13 years	12+ years	12+ years
Ranking	s12	s12-s11	s11 - s9	s8+
Day/Time	Tuesday: 3:15 - 4pm Thursday: 3:15 - 4pm	Tuesday: 4 - 5pm Thursday: 4 - 5pm	Tuesday: 5 -7pm Thursday: 5 - 7pm	Tuesday: 5 -7pm Thursday: 5 - 7pm
Learning Points	<ul style="list-style-type: none"> - Technical fundamentals (all strokes) - Tennis specific movement - Basic Tactics - Scoring - Introduction to point play 	<ul style="list-style-type: none"> - Technical fundamentals (all strokes) - Basic Tactics - Tennis specific movement & stances - Introduction to match play 	<ul style="list-style-type: none"> - Tactical drilling - Technical fundamentals - Introduction to gamestyles - Court positioning - Tennis specific conditioning 	<ul style="list-style-type: none"> - Advanced tactical drilling - Identifying gamestyles - Developing knowledge of your own game - Tennis specific conditioning
Cost 1 Day	\$150/10 week term	\$200/10 week term	\$250/10 week term	\$250/10 week term
Cost 2 Days	\$250/10 week term	\$300/10 week term	\$400/10 week term	\$400/10 week term

To register please contact Simon Stronach E. StronachCoaching@outlook.com