

Junior Tennis Coaching Programme - Autumn 2020

(Starts from Monday 7th September - 19th December (excluding half term 26th October - 1st November)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00						Hot Shots 1 09.10 - 10.00	
09:30							
10:00							
10:30						Aces 1&2 10.00 - 11.00	Slammers 1- 2 10.00 - 11.00
11:00						Team 1 & 2 Beginners 11.00 - 12.00	
11:30							
16:00	Hot Shots 1 16.10 - 17.00						
16:30							
17:00	Slammers 1&2 17.00 - 18.00		Tennis Tots & Hot Shots 17.10-18.00	Aces 3 17.00-18.00	Team 3 (Invitation Only) 17.30 - 19.00		
17:30							
18:00	Team 1 18.00 - 19.00		Aces 1 18.00 - 19.00	Team 1 18.00 - 19.00			
18:30							

Junior Tennis Coaching Programme Description

Tennis Tots (Red Balls)	Hot Shots (Red Balls)	Aces (Orange Balls)	Slammers (Green Balls)	Team (Yellow Balls)	Junior Social Tennis
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Level Progression 1= Beginners 2= Intermediate 3= Advanced

Tennis Tots

This 50 minute session for children aged 3 to 5 focuses on hand-eye coordination, movement, balance and lots of fun!

Hot Shots 1

This 50 minute starter session for ages 4-6 we will be covering fundamentals of movement, balance, receiving and sending skills and will work on a racquet skill each week to build a basic tennis game ready for the next level.

Hot Shots 2

This 1 hour session is for ages 5-7, overlapping and developing from Hots Shots 1. Moving the game on to develop your technique, movement and recovery. We will be preparing you for matches.

Hot Shots 3

A 1 hour session for ages 6-8, this is our performance squad for mini red, working towards county level players. Working on refining your technique and thinking about match tactics, developing footwork and recovery for the next shot are the key development points for this session.

Aces 1&2

A 1 hour session for ages 8-9, this will be your first step onto a larger court for beginners and intermediate players. We will develop your technique through drills and playing points. We will be introducing specific movement, technical improvement and sound tactical awareness. We aim for you to start playing matches and be ready to move up to Mini Green Slammers. Cost: £78 for 13 weeks.

Aces 3

This 1 hour session for ages 8-9 is our performance squad aimed at regular competing players aspiring to county level and aiming to move up to Mini Green Slammers. Emphasis in this squad will be on fine tuning technical and tactical elements and increasing the movement range in a drill and rally situation.

Slammers 1&2

This 1 hour session is the first step onto a full court for ages 9-11. These sessions will be designed to develop your technique and basic tactical awareness for beginner and intermediate players. We will look to push you towards our Slammers 3 performance squad.

Slammers 3

Our 1 hour performance squad to push our top 9 & 10 year olds. The aim is to further enhance your technical and tactical ability whilst developing your physical movement and recovery to be ready for an easy transition into yellow ball tennis. You will be regularly competing and looking to be in the county squads.

Yellow Ball

From age 11, all players use a full court and normal yellow tennis ball. This is the natural progression from mini tennis. We have a beginner session, Team 1, right through to a performance session Team 3, to help you develop your tennis.

Team 1 & 2

Age and ability based 1 hour training sessions for our starters and developers for full court tennis squads. Working on sound techniques from major academies and adding a sound tactical method of playing to get you playing at a great level fast and move your player rating and ranking in the right direction. Looking to be invited to our Team 3 squad.

Team 3

Our 90 minute ultimate junior session based on ability alone and strictly by invitation only. This is a minimum county level squad looking to push you to the limit and on to the next level at regional and national standard. You will be competing regularly and working with a coach on an individual program.

**For further information or if you have any questions please email Nick Boys on nick.boys@clubtowers.com or call him on 07810 832774*