

Over 10's & Teenagers PROGRAMME

1. SERVES

The basic serve, it's grip and correct motion

2. FOREHAND

Grip, ready position, footwork, swing and contact

3. BACKHAND (TWO HANDED)

Grip, ready position, footwork, swing and contact

4. VOLLEY - FOREHAND

Grip, ready position, technique, footwork, and contact position

5. VOLLEY - BACKHAND

Grip, ready position, technique, footwork, and contact position

6. SMASH OVERHEAD

Grip, movement to position -preparation - finish

7. SLICE - FOREHAND

Grip, footwork, strategy

8. SLICE - BACKHAND

Grip, footwork, strategy

9. SINGLES - THE GAME

Object, strategies, positioning

10. DOUBLES - THE GAME

Object, strategies, positioning

COACHES HINTS:

Half hour sessions to help on those difficult parts of your game are only \$30 x 1/2 hour. Book your favourite coach...

with *Thompson* Tennis

Kids Multi Sport HOLIDAY PROGRAM

(Tennis Specific)

- Tennis
- Basketball
- Soccer
- Beach Cricket
(Term 1 & 4)

Program runs every school holidays

9am till 3pm daily

(drop-off 8:30, pick-up 3:30)

Pick-up an enrolment form at the Pro-Shop or call 021 206 2177

Visit the *Best little Pro-Shop in NZ*

Best discounts on Rackets, Bags, Strings, Grips & Restrings

Open Daily from 3 - 5pm or by appointment

Phone 410-9029

Campbells Bay TENNIS CLUB

**JUNIOR Under 6's
COACHING PROGRAMMES**

with *Thompson* Tennis

Clubhouse: 09 410 5688

Junior Convenor:
Kevin Van Den Berg
021 620 941

juniors@campbellsbaytennis.org.nz

Head Coach:
Graeme Thompson
021 206 2177

High Performance:
Adam Thompson
021 026 11179

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www.campbellsbaytennis.org.nz

Grasshoppers Beginners

10 week PROGRAMME

1. THIS IS TENNIS

For children to understand what is 'In' and what is 'Out'

2. STARTING THE RALLY

For players to send the ball to their partner getting it 'over and in' with a small tap (a very basic underarm serve with a bounce)

3. WHAT IS A FOREHAND & BACKHAND?

For children to know what shot is on what side of their body

4. HITTING ZONE

Children will learn how to catch and hit the ball and waist height out to the side, and out in front of them

5. FOREHANDS!

Children will learn what position and what swing to try and use to hit a successful forehand

6. BACKHANDS!

Children will learn what position and what swing to try and use to hit a successful backhand

7. COMPETITION WEEK!

Children will learn the concept of playing against each other, scoring points, winning and losing, individual scores and team scores

8. SERVING

Children will learn the basics of a simple over arm serve

9. JUDGING THE BALL

Players will learn to watch the ball and react to whether it is a forehand or backhand and whether it is short or deep

10. RALLYING POINTS & SCORING!

Children will have a chance to try and rally together, play points and keep score

COACHES HINTS:

Parents should hit once a week with a child at Saturday morning FREE time 10am - 12noon - 'HAVE FUN'

Grasshoppers Intermediate

10 week PROGRAMME

1. EXPLORING THE COURT

Learning all the lines/spaces on the red court

2. STARTING THE RALLY

Players learn to start the rally using a basic under arm serve with no bounce

3. FOREHAND OR BACKHAND?

Children will learn the importance of watching the ball, so they can figure out and prepare for the shot that is coming to them

4. HITTING ZONES

Learning where the ball should be in relation to the body when striking it

5. RALLYING

Rallying together, in different sized courts

6. RALLYING 2

A progression from lesson 5 - rallying together in different sized courts

7. COMPETITION WEEK!

Learning the concept of playing against each other, scoring points, winning and losing

8. SERVING

Learning the basics of a simple over arm serve

9. JUDGING THE BALL

Learning how to judge and move to balls that are short and deep

10. LETS PLAY!

Putting everything together

COACHES HINTS:

Book a private lesson to help progress - 1 x 1/2 hour session does wonders!!! \$30 x 1/2 hour

Grasshoppers Advanced

10 week PROGRAMME

1. EXPERIMENTING

Playing in different sized courts to develop a range of hitting skills and control

2. HITTING ZONES

Practicing hitting zones with more challenging balls

3. FOREHAND & BACKHAND TECHNIQUE

Learning swing shapes needed for forehand and backhand

4. VOLLEYING

Learning the basic technique of a volley and where to be on the court in order to play it

5. SERVING

Learning more detailed technique on the serve, such as the correct grip and the idea of spin

6. JUDGING THE BALL

Learning to react to a mixture of deep, short and wide balls

7. MATCHPLAY!

Learning to play

8. CONSISTENCY

Learning the importance of rally/trading shots

9. DEFENDING & ATTACKING

Learning how to cope under pressure and what to do with an attacking opportunity

10. PUTTING IT ALL TOGETHER!

Playing points and practicing all the shots learnt during the term

COACHES HINTS:

Saturday morning group progress lessons help at the a minimal cost \$10 per person x 1/2 hour

with **Thompson Tennis**