

# 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 8's  
COACHING PROGRAMMES**

with *Thompson* Tennis

**Clubhouse: 09 410 5688**

Junior Convenor:  
Kevin Van Den Berg  
021 620 941

[juniors@campbellsbaytennis.org.nz](mailto:juniors@campbellsbaytennis.org.nz)

Head Coach:  
Graeme Thompson  
021 206 2177

High Performance:  
Adam Thompson  
021 026 11179

[coach@campbellsbaytennis.org.nz](mailto:coach@campbellsbaytennis.org.nz)

[www.campbellsbaytennis.org.nz](http://www.campbellsbaytennis.org.nz)

# Grasshoppers Beginners

## 10 week PROGRAMME

### 1. LET'S PLAY!

Keeping the ball going with no mistakes

### 2. GETTING IN THE RIGHT POSITION

Understanding 'hitting zones'. Striking the ball at waist height, out to the side, and out in

### 3. USING THE HITTING ZONE

Getting into the right position in order to hit the ball in the right hitting zone

### 4. STARTING THE RALLY

Learning how to start the rally with an under arm, and over arm serve

### 5. THE ORANGE COURT

Learning to make an orange court, and having a go at hitting from the orange baseline

### 6. VOLLEYING

Learning how to play a basic forehand and backhand volley

### 7. COMPETITION WEEK!

Learning to play against each other, score points, win and lose, and keep individual and team scores

### 8. POSITIONING FOR THE BALL

Learning to watch the ball and get into the right position to hit forehands and backhands

### 9. JUDGING THE BALL

Learning to watch the ball and move into position for short and deep balls

### 10. RALLYING, POINTS & SCORING!

Rallying and learning a tie break scoring system

#### 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. PLAYING!

Lots of hitting to help you assess your groups of players

### 2. HITTING ZONES

Learning what position to be in, in order to hit the best shot possible

### 3. VOLLEYS

Learning grip, shape and footwork for a volley

### 4. SWING SHAPES

Developing and reinforcing good technique

### 5. SERVING

Learning a more advanced serving technique than at beginner stage

### 6. RALLYING & DEFENDING

A tactical lesson, learning what shot to play and when

### 7. COMPETITION WEEK!

A round robin tournament with kids taking the roles of players, umpire, ball kids and line

### 8. SERVING

Reinforcing technique learnt in lesson 5

### 9. VOLLEYING

Reinforcing volley technique and introducing the correct time to come to the net

### 10. MATCH PLAY

A timed, team event giving kids a chance to practise everything they've learnt this term

#### 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. DOING THE BASICS RIGHT!

Encouraging good habits from the first lesson

### 2. GRIPS

Learning correct forehand, backhand, volley and serve grip

### 3. SWING SHAPES

Learning a simple efficient swing for forehand and backhand

### 4. RALLY, DEFEND & ATTACK

Learning what shot to play and when

### 5. SERVING

Reinforcing technique and the importance of a first and second serve

### 6. TOPSPIN

This lesson emphasises spin and the idea of brushing up the back of the ball

### 7. MATCH PLAY!

Its competition week and a chance for the group to play a mini tournament against each other

### 8. SWING SHAPES

Reinforcing forehand and backhand from lesson 3

### 9. RALLY, DEFEND AND ATTACK

What shot to play and when and approaching the net after attacking

### 10. PUTTING IT ALL TOGETHER!

A mini tournament and drills incorporating all the shots from this term

#### COACHES HINTS:

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

with **Thompson** Tennis