

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

Head Coach:
Graeme Thompson
021 206 2177

High Performance:
Adam Thompson
021 026 11179

coach@campbellsbaytennis.org.nz

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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

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