

Mini / Junior Tennis Development Programmes 2008

Mini Tennis Red – For beginners aged 5 to 10 years:

- Up to 12 children per group
- One 45min session per week Cost £2.50 per session
- Team games and individual exercises to improve agility – balance – co-ordination – speed
- Some basic racket and ball hitting skills
- One match play competition per month

Mini Tennis Orange – For children aged 6 to 10 years who have met mini tennis red standard:

- Up to 12 children per group
- One 45min session per week Cost £2.50 per session
- Team games and individual exercises to improve agility – balance – co-ordination – speed
- Development of basic racket and ball hitting skills introduction to basic strokes
- One match play competition per month

Mini Tennis Green – For children aged 7 to 10 years who have met mini tennis orange standard:

Fitness and Agility training:

- Group size up to 12 children
- One 45min session per week Cost £2.00 per session

Technical training/coaching to improve shot making capability:

- Group size up to 6
- One 60 min session per week Cost £4.00 per session

Supervised practice and match play sessions:

- Group size up to 12
- One 60 min session per week
- Sessions Free

Minimum of two competitive matches per month

Junior Tennis Yellow – For children aged 10 to 16 years who have met mini tennis green standard:

Fitness and Agility training:

- Group size up to 12 children
- One 45min session per week Cost £2.00 per session

Technical training/coaching to improve shot making capability:

- Group size up to 4
- One 60 min session per week Cost £4.00 per session

Supervised practice and match play sessions:

- Group size up to 12
- One 60 min session per week
- Sessions Free

Minimum of four competitive matches per month