

TRACKSIDE LAWN TENNIS CLUB

Junior

TENNIS COACHING



TENNIS IRELAND LEVEL 1 COACH DELIVERING
THE "LONG TERM PLAYER DEVELOPMENT PATHWAY"
IN A SAFE AND FUN ENVIRONMENT

COACHING PROGRAMME

ALL PROGRAMMES ARE WITH A MAXIMUM OF 8 TO 10 PLAYER PER CLASS TO ENSURE QUALITY OF COACHING. USE OF SOFTER BALL AND MODIFIED COURT TO OPTIMIZE TECHNICAL DEVELOPMENT.

RED BALL 3-4pm

AGE 5-7 YEARS

PLAYERS LEARN THE BASIC IN A FUN GAME BASED LESSON. SPECIAL ATTENTION TO THE PHYSICAL DEVELOPMENT TO REFINE BASIC MOTOR SKILLS

ORANGE BALL 4-5pm

AGE 8-9 YEARS

DEVELOPING EFFECTIVE TECHNIQUE AND LEARN HOW TO APPLY IT IN A TACTICAL GAME SITUATION. REFINEMENT OF MOTOR SKILLS AND PHYSICAL CAPACITY (BALANCE, SPEED, AGILITY AND COORDINATION)

GREEN BALL 5-6pm

AGE 10+ YEAR

ACQUIRE STROKE FUNDAMENTALS SUCH THAT FOUNDATION FOR QUALITY STROKE PRODUCTION IS LAID. MAINTAIN AND DEVELOPE TACTICAL KNOWLEDGE ON A FULL COURT. REINFORCEMENT IN FOOTWORK AND PHYSICAL CAPACITY

PRICE

6 WEEKS PROGRAMME

€40 MEMBERS

€50 NON-MEMBERS

DATE

EVERY FRIDAY

START FRIDAY 8TH FEBRUARY 2019

REGISTRATION

SEND NAME, AGE, CONTACT

BY TEXT 083 836 70 75

BY EMAIL tracksideltc@hotmail.com

ON THE DAY please check availability. limited number of places

