

JUNIOR TENNIS - COURSE DESCRIPTIONS

Although the West Hants Club make every effort to accommodate all members, courses and Pay & Play activities must have a minimum of 4 players booked in order to run. The final decision is at the discretion of the Director of Tennis.

PARENT AND TOTS

For children under 4 years and not attending school.

This session is based on parents being on court with their children working through a number of skill based activities which will be delivered by one of the coaching team. The parent and child will work together so that they can then practice the skills away from the session to improve.

MINI TENNIS TOTS

Reception year and above. For children aged 4 upwards and attending school, who will be introduced to the game of tennis through generic ball skills. These will include; balance, movement, co-ordination & general dexterity exercises introduced through fun games and skills exercises.

PRE MINI TENNIS RED

This course bridges the gap between Mini Tennis Tots and Mini Tennis Red. The emphasis is on developing fundamental movement & ball skills and above all else, FUN! They will be introduced to the basic strokes to play the game, and will continue to build on their athletic, balance & co-ordination skills.

MINI TENNIS RED 1

For children aged 5 years and over who wish to start learning tennis. Sessions will cover basic co-ordination, racket and ball skills and various fun games. The emphasis is very much on FUN while developing basic sending and receiving skills to start rallying.

MINI TENNIS RED 2

For children who have progressed through the first level. This course will develop the basic skills needed for the game addressing basic techniques and tactics and getting players to rally, serve and score, progressing from a small space to full red court.

MINI TENNIS RED 3

Children will play on the Mini Tennis Red court but will also be introduced to the Mini Tennis Orange ball. This will allow the child to develop and further refine their skills so that progression up to the next level is made easier. Players progressing from this level must be able to play the game, understand the rules and have good basic shapes on all major strokes.

MINI TENNIS ORANGE 1

For players progressing from Mini Tennis Red 3 who have developed their skills sufficiently to move onto the orange court with low compression balls. Equipment, court size and rules are adapted to cater for the players' ability. Sessions cover co-ordination and movement exercises, basic rules, technique and tactics of the game.

MINI TENNIS ORANGE 2

Here children will continue to play on the Mini Tennis Orange court so that they can enhance their understanding of the game including a greater tactical awareness and more refined technique before progressing onto the next level. They must be able to play a full game and be able to score.

MINI TENNIS GREEN

For children who have progressed through the lower levels. Sessions focus on developing technique on all strokes and explore tactical situations incorporating a games based approach to enhance new skills and extend learning. Sessions will build on all aspects covered in MT Orange.

JUNIOR BRONZE

For children (10 yrs+) who have completed the Mini Tennis Green Award system. They must be able to maintain a groundstroke rally from the baseline, be able to serve overarm and play a game of singles/doubles. Basic knowledge of the rules is essential. Sessions will include technique and tactics incorporated within drills and games. Level 1 is below level 2.

JUNIOR SILVER

For children who are able to rally consistently from the baseline with both forehands and backhands. They must be able to play all the basic shots with a variety of spins and have an understanding of the rules and tactics for both singles and doubles. Sessions include drills and tactics for both singles and doubles matchplay. This course is intended for players who wish to play in tournaments and gain an LTA rating.

JUNIOR GOLD

For players who have a good understanding of the rules and tactics for both singles and doubles. Players should be able to rally from the baseline and be able to play all the basic strokes with spin, pace, depth and accuracy. Sessions will cover technical, tactical, physical and mental aspects of the game. Players wishing to attend this course should have an LTA rating and be approved by the Director of Tennis. Level 1 is below level 2.

JUNIOR INVITATIONAL SQUADS

Invitation only. These squads are designed for players who are involved or have the potential to progress into the County programme and are regularly competing in tournaments. Sessions prepare players for tournaments and matchplay, focusing on the 4 performance factors – technical, tactical, physical and mental aspects of the game. Any player invited into these squads is invited to play for the club in the team tennis events.

MINI & JUNIOR CLUB EVENING

This **FREE** session for members, provides an opportunity to play a variety of team games, try different sports and also gives you an opportunity to play some tennis. A fun, games based session which is aimed at recreational players aged between 5 – 12 years with the emphasis on Fun. Bring along a friend if you want.

FAMILY CLUB EVENING

This **FREE** session for members provides families to come and participate together in a variety of activities ranging from multi-skillz and cardio tennis, to fun games and tennis- based drills. A great way to start your weekend, followed by some specials on offer at the bar after a good hour of activity. Adults can bring along 2 children to this session aged between 5 – 12 years old. Come and join in the FAMILY fun!

The West Hants Club

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