

Tel : 07833 640285  
 www.southbournetennis.com  
 Iford Lane, Southbourne. BH6 5NF

## MINI TENNIS GROUP COACHING FOR AGES 5 – 10



**MEMBERSHIP £7 PER TERM**  
 Each coaching sessions costs only £4



### MINI TENNIS RED SESSIONS AGES 8 & UNDER

Mini Red is played across the court with Mini Red low compression balls

### MINI TENNIS ORANGE SESSIONS AGES 8 – 9

Mini Orange is played on a shortened/thinner court using Mini Orange low compression balls

### MINI TENNIS GREEN SESSIONS AGES 9 – 10

Mini Green is played on a full court using Mini Green low compression balls

Please note Course fee must be paid by the beginning of each term.



## INDIVIDUAL COACHING

Individual coaching will help your child's development through focused specialised training and coaching and prepare them for tournaments and competition.

Cost ranges from £14 - £20 for individual lessons or half hour lessons can be arranged at half the hourly rate.

Please ask one of the Coaches for more information.

Southbourne has three LTA Professional Coaches



## MINI TENNIS PROGRAMME FOR UNDER 10's

### MINI TENNIS RED

Red 3	Friday	4.00pm – 5.00pm
Red 3	Saturday	9.00am – 10.00am
Red 2	Saturday	9.00am – 10.00am
Red 2	Friday	4.00pm – 5.00pm
Red 1	Invitation Only	

### MINI TENNIS ORANGE

Orange 3	Friday	5.00pm – 6.00pm
Orange 3	Saturday	9.00am – 10.00am
Orange 2	Friday	5.00pm – 6.00pm
Orange 2	Saturday	9.00am – 10.00am
Orange 1	Invitation Only	

### MINI TENNIS GREEN

Green 3	Thursday	5.00pm – 6.00pm
Green 3	Saturday	9.00am – 10.00am
Green 2	Saturday	9.00am – 10.00am
Green 2	Friday	5.00pm – 6.00pm
Green 1	Invitation Only	

### MINI TENNIS RED

For all children aged 8 years and under wishing 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. The course will focus on the A, B, C's – agility, balance and co-ordination & other athletic skills.

- Red 3** Children are learning ball and racket skills, basic hand eye co-ordination and movement.
- Red 2** Rallying skills, now able to rally with a Coach over a net, learning basic strokes.
- Red 1** Court awareness, shot selection, now able to rally with each other over the net, serving.

### MINI TENNIS ORANGE

For players aged 8 & 9 progressing from Mini tennis Red who have developed their skills sufficiently. Sessions will cover co-ordination and movement skills, basic rules, technique and tactics of the game.

- Orange 3** Basic introduction to top spin on forehand and backhand, tactics, singles matchplay.
- Orange 2** Introduction to doubles, top spin on forehand and backhand, rallying skills with partner, serving skills, volleying skills.
- Orange 1** Focusing on singles matchplay, fitness training, court position and shot recovery.

### MINI TENNIS GREEN

For children aged 9 & 10 who have progressed through the Mini Tennis Red and Orange programme. Sessions will focus on developing technique on all strokes and explore tactical situations incorporating a games based approach to enhance new skills and learning. Co-ordination and movement exercises, basic rules, tactics and skills of the game will also be taught.

- Green 3** Focusing on percentage matchplay, introduction to more advanced techniques.
- Green 2** Singles and doubles tactics.
- Green 1** Stroke correction and understanding of today's modern game. Getting players ready for the full normal yellow ball game.