

mini tennis

LTA GROWING OUR TENNIS NATION

Coaching

Balcarra Sports

Centre

Starts

Saturday 26 April



Get on the net... arielminitennis.com



what's On?

A GROWING OUR TENNIS NATION

Mini tennis RED is divided into 3 levels

Mini RED 3.

This is the first level of mini tennis and is aimed at children who are young aged **4 and 5**. Children will learn to hold the racket correctly with the correct grips and learn the basics of judging the ball characteristics. They will spend a lot of time hitting balls to develop their striking skills.

Mini RED 2.

This is aimed at children who have completed **RED 3** or are aged **6**. Children will learn to hit forehands and backhands against the coach to develop their rallying ability. Focus will be on getting the children to develop a basic serve overarm and underarm. They will also begin to now what is IN and what is OUT.

Mini RED 1

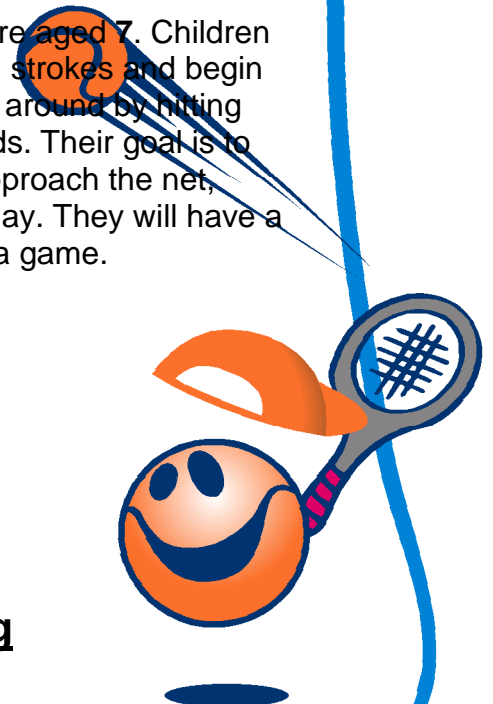
This aimed at children who have completed **RED 2** and are aged **7**. Children will now learn to develop more advanced technique on all strokes and begin to control the court. They will learn to move the opponent around by hitting into spaces and attack backhands by using their forehands. Their goal is to play TOTAL tennis where they can serve overarm and approach the net, volley, so they begin to play the game that us as adults play. They will have a basic understanding of the rules so they are able to play a game.

Mini RED 3 = Saturdays 11 - 12

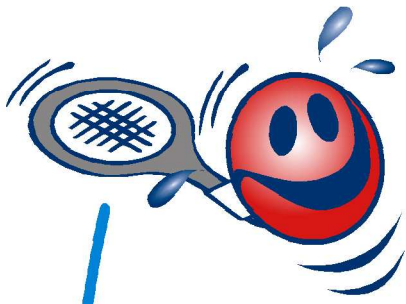
Mini RED 2 = Saturdays 10 - 11

Mini RED 1 = Saturdays 9 - 10

£60 for 10 weeks coaching



Get on the net... arielminitennis.com



mt coach



A GROWING OUR TENNIS NATION

Simon Wheatley is one of the country's leading 12 and under tennis coaches. He now works for the Lawn Tennis Association as a Talent Performance Co-ordinator for Avon and Wiltshire. He has produced dozens of county performance players starting them at mini tennis at Balcarras sport complex and 3 of his players are have been to a national camp roadshow.

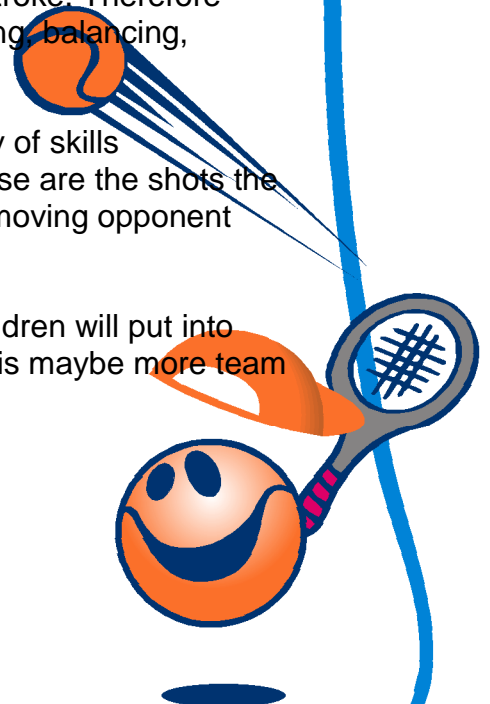
Each session that the children do will be divided into these areas.

Warm up. – Vital to get the children active so the whole body is completely warm and ready for exercises. This is also a fantastic opportunity for children to make friends and ease their way into the lesson.

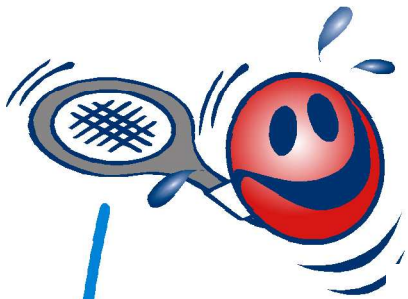
Co-ordination development. – In for a child to be good at tennis they have to be extremely co-ordinated. In the human body there are over 600 muscles and in tennis we use over two thirds of them in any one stroke. Therefore children will learn to do basic skills to a high level, Sprinting, balancing, throwing and catching overarm and underarm etc.

Main teaching content – Children will be taught a variety of skills concentrating on Forehands, backhands and serves. These are the shots the children will do the most. They will develop consistency, moving opponent around, hitting to spaces, using strengths etc.

Fun Game/ competition – at the end of every lesson children will put into practice what they have learned. For the younger ones this maybe more team orientated and for the older ones little mini matches.



Get on the net... arielminitenis.com

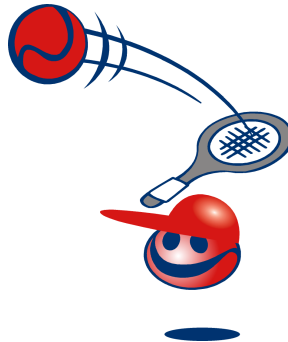


sign up!

A GROWING OUR TENNIS NATION

If you would like your child to attend this action packed mini tennis course then please fill in the application form below as quickly as possible to ensure your child has a place.

Either send back to



Simon Wheatley
Flat 4
Irving House
Pittville Circus Road
Cheltenham
GL52 2PZ

Or you can email me on simon.wheatley@lta.org.uk

If you wish to call me please do on (07958) 202535

Name/s.....

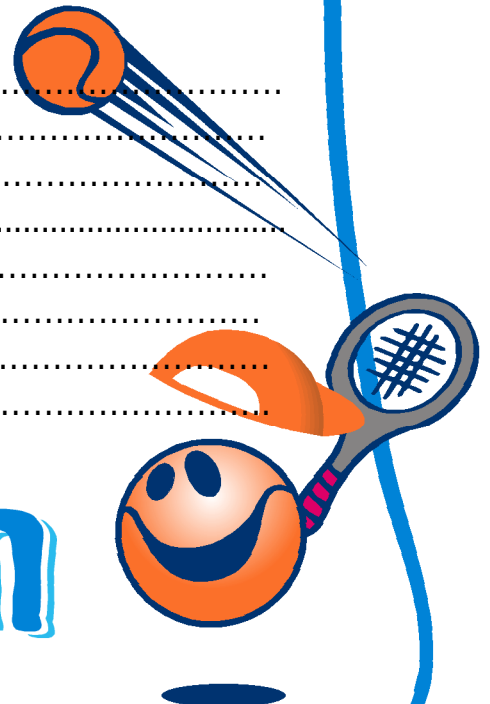
Address.....

D.O.B

Home Number

Mobile Number

Email:.....



game on

Get on the net... arielminitennis.com