

MONDAYs UNDER 10

We work with the Red Ball (Stage 1) on a mini court environment. Kids gain confidence through hitting a softer and lighter ball. This also contributes to a better technique which must be attained in order to prevent injury in later life

6 week Schedule

Each week we focus on game situation techniques. There are no lines and no feeding of balls. We believe that in order for kids to gain the max benefit out of the short amount of time they have available, they cannot be standing around waiting for their turn to hit a ball. Each kid is paired up with a similar level player and then given platform to hit as many balls as possible in a controlled environment. This obviously means that they are skilled up within 6 weeks on all facets of the game. That being serving, volleying, forehand, backhand and smashing. As well being able to umpire a competitive game of tennis.