



Helping Your Child to Become a Tennis Player

Tennis, as one of the most widely played sports in the world, is a sport for life and can be played across the widest age range. However it isn't the easiest sport for young children to learn, but if your kids start right, they are likely to be lifelong players. The key, not surprisingly, is to make sure they are having fun. The best way to make sure they have fun and learn well is to keep experiencing success.

At SMASH Tennis what we suggest to parents is to work with us to develop a plan that suits your child and your pocket. There are essentially two approaches but what is best is a mixture of both. The advantages and disadvantages of each are shown below:

Small Group Lessons for Beginners

Is probably the most common format in which kids learn to play tennis. The structure of group lessons ranges from groups of four to eight taught either by a Pro or by a qualified Tennis NZ Junior Coach. The amount of hitting and instruction is proportional to the group size. In general kids learn gradually and have a lot of fun as they come along with friends or quickly make them.

Advantages

- Fairly low cost
- Comfortable number of players
- Low pressure, group lessons are often lively and very enjoyable

Disadvantages

- Instructor time and attention per student decreases with group size.
- Routines that are best for one group member may not suit or emphasize the needs of another.
- The intensive focus needed to correct one student's major stroke problem can be hard to attain.

Best for

- Kids who feel most comfortable with a few friends around
- Players who are looking to have fun and learn gradually than to improve as fast as possible.

Private Lessons

Are taught by an experienced professional. This format works best for either one or two players who are close enough in skills to be able to compete with one another. Skill progression is much quicker and as a result these types of classes are can be very satisfying to the new player.

Advantages

- Lots of individual attention
- Almost constant activity
- Most rapid way to improve.

Disadvantages

- More expensive
- Some kids feel more comfortable with other kids around
- Fewer 'fun' games

Best for

- Kids who want to learn quickly
- Players who need to develop technique
- Players who need to fix a specific problem with their play

Understanding the Progression Path

At SMASH Tennis the progression path to becoming a competent tennis player can include the following classes supplemented with either duo or one on one coaching with a tennis Pro. **Let us help you figure out what suits your child best.**

Saturday Morning Coaching – Large Group Format that teaches the basic strokes and helps develop eye to hand coordination and rally play.



Beginner Class - Small Group Format as per Saturday coaching.



Pre Interclub Class – Small Group Format – the player has developed competencies in the basic strokes and is keen to work towards playing competition tennis. This group class includes court positioning, understanding the different areas of the court, the rules, scoring and basic strategies in playing the game.

INTERCLUB GREEN PASS – ARE YOU READY?

For those players that are keen to play interclub we have introduced the Interclub Green Pass System to help you understand when you are ready to play.

YOU NEED 40 POINTS TO GET YOUR INTERCLUB GREEN PASS

1. Can you rally three balls consistently – 10 points
2. Can you serve 6 / 10 balls in consistently – 10 points
3. Do you know basic court positioning for singles and doubles play – 10 points
4. Can you score a game – 10 points

See Mark Nielsen about getting your Interclub Green Pass. Email: info@smashtennis.co.nz.



Intermediate Class – Small Group Format – the player is competent in the basic strokes of tennis and can include new interclub players. This class introduces drills to develop rally play, consistency in the serve and basic tactics.



Advanced Class – Small Group Format – this is for very competent interclub players who will work to develop better on-court strategies, includes point play and the development of slice and spin in both stroke play and the serve



Match Play for the Emerging and Experienced Player – Large Group Format, provides an opportunity for players to practice what they have learnt in a competitive environment. Players compete against their peers according to skill with age and gender excluded as a factor. Coaches rove courts during play to critique matches in progress.



Interclub Training for the Current Interclub Player – small group format. Players who are in a team are scheduled each week to experience 1 hour of coaching to progressively build their skills over the course of a season. Each week the class changes to help the players develop greater depth to their game and can include:

- Improvement of technique and development of a greater variety of strokes.
- Opponent assessment
- Development of on court strategies
- Consistency in the Rally
- Consistency in the Serve
- Understanding the playing conditions

Who to Contact

Mark Nielsen - Private Lessons or to discuss your child's progression path – 021 462 496 or mark@smashtennis.co.nz

Ashley Furlong – Group Lessons or to discuss your child's progression path – 445 2445 or ashley@smashtennis.co.nz

Susan Edgson – Saturday Morning Coaching – 445 9869 or s.edgson@xtra.co.nz