

SMASHTENNIS KIDS

TIMETABLE OVERVIEW

Term 4 After-School Training

Please book in NOW online

NEW! TENNIS TOTS!

Mondays – Thursdays

3:20–4:00pm

For preschoolers 2½ yrs up

Bring your little ones to be introduced to a racquet and learn basic ball skills in a fun way



@ BELMONT PARK RACQUETS CLUB
133 BAYSWATER AVE, BAYSWATER

CONTACT MARK FOR ENQUIRIES:

mark@smashtennis.co.nz

021 462 496

See timetable online

Monday 24th October to Thursday 15th December

COST: (Bookings Essential)

Tennis Tots – \$80 Members / \$96 Non-Members

All other courses – \$100 Members / \$120 Non-Members

Term 4 session times (all 55 mins apart from Tennis Tots):

MONDAYS

3:20pm – Tennis Tots

4:00pm – Beginner

5:00pm – Intermediate

6:00pm – Advanced

WEDNESDAYS

3:20pm – Tennis Tots

4:00pm – Beginner

5:00pm – Intermediate

6:00pm – Advanced

TUESDAYS

3:20pm – Tennis Tots

4:00pm – Beginner

5:00pm – Pre-Interclub

6:00pm – Advanced

THURSDAYS

3:20pm – Tennis Tots

4:00pm – Beginner

5:00pm – Intermediate

6:00pm – Advanced

Note that Saturday morning tennis in Terms 1 and 4 is for Junior Belmont Park Racquets Club members only.
(Annual club membership is \$230 which includes Saturday coaching and use of club facilities.)

Contact Cathy at
admin@belmontracquets.co.nz
you would like to join
Belmont Racquets –
Tennis New Zealand's
National Club of the Year 2010!

See over for explanations of each course

TENNIS TOTS:

Children will be taught in small groups and will play fun games and exercises designed to develop ball-handling skills. They will be introduced to holding a tennis racquet correctly with activities focusing on hand-eye coordination.

This course is excellent for development of motor skills required for a successful start to primary school.

BEGINNER LEVEL:

Children must learn a variety of shots and develop good eye to hand coordination skills in order to work towards playing a tennis match.

The objective of this course is to teach the basic strokes of tennis, introduce rally play and develop the child's understanding of how to play the game.

This course will include the following over the term:

1. Development of eye to hand coordination through a variety of games that may or may not include the use of the racquet.
2. Forehand / Backhand Play – teach and practice correct technique.
3. Serve
4. Volley
5. Smash
6. Movement to the ball
7. Understanding the different areas of the court.
8. Court positioning, rules and scoring
9. Rally Play

Once a player feels competent with the basic skills, they may wish to move to one of our Pre-Interclub training groups.

INTERMEDIATE LEVEL:

This class is suited to the interclub player who has had a season or two playing competitive tennis. Lessons include drills, competitive point play and technique training.

Focus will be on:

- Consistency in the Rally
- Consistency in the Serve
- Singles Play Tactics
- Doubles Play Tactics

Continued over...

PRE-INTERCLUB LEVEL:

Taking part in a pre-interclub training group is important preparation in helping a child become a competent and confident interclub player. This course is designed to teach each child the basic elements of the tennis game and ready them for their first day.

The course will include:

- Court positioning, understanding the different areas of the court, rules, scoring and basic terms and used.
- Serve Consistency & Rally Play
- Rally Play Consistency
- Routines – Warm Up, Serve, Opponent Analysis
- Singles Play – basic tactics, court positioning review
- Doubles Play – basic tactics, court positioning review
- Tennis Wars – Point Play, Point Play, players will be organised and rotated for singles and doubles play.

The coach will assist the players to critique match play.

ADVANCED LEVEL:

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.

SATURDAY COACHING:

NOTE: Saturday coaching is offered in Term 1 and 4 as a part of the Belmont Racquets membership cost. However, for those wishing to keep their skills up over winter or get a head start on the next summer season, we offer these classes in Term 2 and 3 classes as extra. Members and non-members alike are welcome to sign up.

Saturday junior coaching is designed to give a child an introduction to the sport of tennis. The aim is to assist in the development of all basic strokes, advancing to game play and competitive tennis at a suitable time. Age is an indicator for child placement. Children will be progressed to the next group on ability. Please see Mark Nielsen if you need help here.

Bronze Group – Age group 5-8 years – introduces children to basic tennis skills through ‘games sense’ type activities to develop eye to hand coordination and strokes of play including forehand, backhand, serve & volley. Mini-nets and non-racquet equipment may be used.

Silver Group – Age group 9-12 years – introduces children to basic tennis skills through ‘games sense’ type activities to develop eye to hand coordination, advancing on the basic strokes plus rally play. Non-racquet equipment may be used.

Gold Group – Age 12+ years – introduces children to basic tennis skills through ‘games sense’ type activities to develop eye to hand coordination, advancing on the basic strokes, rally play, plus court positioning, match play and umpiring. Non-racquet equipment may be used.