

Stormont Tennis Club Coaching Programme

Juniors

Course	Day	Time	Weeks
Teddy Tennis (Under 4s)		teddytennis.com	
Mini Orange Transition (7-9 yrs)	Monday	3:45pm - 4:30pm	Per term
Mini Green Transition (10-11 yrs)	Monday	4:30pm - 5:15pm	Per term
Yellow Ball 2/3 (12-14 yrs)	Monday	5:15pm - 6pm	Per term
Mini Red/Orange 2 Transition (6-8 yrs)	Tuesday	3:45pm - 4:30pm	Per term
Mini Green (10-12 yrs)	Tuesday	4:30pm - 5:15pm	Per term
Yellow Ball 3 (11-13 yrs)	Tuesday	5:15pm - 6:15pm	Per term
Mini Orange 2 (7-10 yrs)	Wednesday	4pm - 5pm	Per term
Yellow Ball 1 (15+ yrs)	Wednesday	5pm - 6pm	Per term
Mini Orange 1 (9-10 yrs)	Thursday	4pm - 4:45pm	Per term
Mini Transition (10-12 yrs)	Thursday	4:45pm - 5:30pm	Per term
Yellow Ball 2 (13+ yrs)	Thursday	5:30pm - 6:15pm	Per term
Mini Red/Orange Ball mix (5,6,7 yrs)	Friday	3:45pm - 4:30pm	Per term
Girls Teen Training (14+)	Friday	4:30pm - 5:30pm	Per term
12&U Boys Team Training	Friday	5:30pm - 6:30pm	Per term
Boys Team Training (14-16 yrs)	Saturday	4pm - 5pm	Per term

Number of weeks vary per term. Please check on the bookings page for this. All junior classes to be booked online @tptennis.net

Adults

Course	Day	Time	Weeks
Hot Rackets	Friday	2pm - 3:30pm	Ongoing
The Four Fundamentals	Saturday	10am - 11pm	Ongoing
Reliable Ralliers	Saturday	11am - 12pm	Ongoing

Please e-mail tptennis@live.co.uk for any queries. All classes to be booked online.



Stormont Tennis Club Coaching Programme

JUNIORS

Teddy Tennis (under 4s)

The perfect introduction to tennis for pre-school & reception age children. Generic ball skills, balance, co-ordination and dexterity exercises all introduced through fun games and exercises with a fully qualified Teddy Tennis coach.

Sponge balls, mini nets and rackets provided. To book online visit Teddy Tennis at teddytennis.com

Mini Red/Orange Ball mix (5,6,7 yrs)

For years 1 and 2, primarily an Introduction to red and orange ball tennis, fun and games to get them playing with proper grips and learning the court.

Mini Red/Orange 2 Transition (6-8 yrs)

Children who are relatively new to tennis in this age, or who have played some red ball. Classes will focus on fun, developing skills through games and exercises to build hand/eye confidence and co-ordination. We will use red and orange ball situations as they progress.

Mini Orange Transition (7-9 yrs)

Players who are able to play on an Orange sized court. Novices welcome.

Mini Orange 1 (9-10 yrs)

Children who are able to rally consistently to 8 shots or more in the orange court and playing points with serving techniques good enough to be accurate and consistent tennis in this age. Class will focus on developing more skills through games and exercises to build more confidence for match play situations.

Mini Orange 2 (7-10 yrs)

Focus on fun with interactive games to develop tennis skills - sending and receiving, ball control, drills, stroke production and rallying exercises.

Mini Green Transition (10-11 yrs)

Full court with Green Ball. Games and drills for the developing player.

Mini Green (10-12 yrs)

Players will be competent enough to play points and games on a full court with green balls. Serving and rallying skills nurtured. Potential to eventually break into the U14 team training class. Or to simply move into Yellow ball 3 class on Tuesday at 6.15pm.

Mini Transition (10-12 yrs)

This class will bridge the gap from mini tennis to full court tennis. Use of mini green balls for different exercises will be used with full court focus. However we can adapt with fun games and drills and add yellow balls on occasion.

Yellow Ball 1 (15+ yrs)

You can now hit the ball hard with spin and serve/return well. Lots of drills to keep you busy and improving.

Yellow Ball 2 (13+ yrs)

More competent in tennis at this age, Able to serve/rally and play points. Not yet team level but potential to work your way into a team if you have the necessary skills. This is fun but motivated class for those who enjoy playing and wish to improve.

Yellow Ball 2/3 (12-14 yrs)

Full court with Green Ball. Games and drills for the developing player.

Yellow Ball 3 (11-13 yrs)

Players who are 11+ and are now able to hit with full yellow ball. Focus will be on looking to progress further with point play, scoring and some tactics as well as tips on technique.

12&U Boys Team Training

Competent ballplayers. Match play consistent. Looking to play hard. Higher skill level for ages 10-12 yrs. Using yellow balls. Seamless and eventual transition to U14 team training and beyond.

Girls Teen Training (14+)

Looking for a more competitive yet fun environment with other girls Drills and exercises in singles and doubles to help you improve your skills, playing points and matches. Invitation only.

Boys Team Training (14-16 yrs)

Invitation only squad training. Open to boys of similar abilities 14-16 yrs. Match play, drills and exercises in both singles and doubles to help you improve your skills. Players will be representing the club in Middlesex league matches.

ADULTS

The Four Fundamentals

Forehand, Backhand, Serve and Volley strokes on rotation each week. Skill level for Improvers and low intermediates looking to learn, re-learn or brush up on your game. Technical analysis and drills to help you.

Reliable Ralliers

Higher Intermediates and lower team players will enjoy Drills, Points and Training - Hitting in pairs, playing doubles tactics and getting a sweat on! what more could you want.

Hot Rackets

Aimed at competitive and competent players up to and including team level. Drills and point play to get you ready for the weekend.