



#ASmartChoice

Mini Tennis Orange Training

Ages 8 – 10 Yrs



Footwork/Coordination
Skills



Racket Skills



Match Play

The Training Sessions

Wednesday Coaching/Drills 6:00pm – 7:00pm

This session is coaching drills around the basic strokes and movement. Some match play.

Saturday Coaching 11am – 12pm

12pm – 12.45pm Fitness

Including tactical intentions of Trading (rallying consistently) and Building (How to play a point). Fitness session is tennis specific exercises designed to be enjoyable but also an informative 45-minute session.

Each player must be a British Tennis Member which is free via the LTA.org.uk/BTM.

EACH JUNIOR MUST BE A MEMBER OF BTSC TO ACCESS FACILITIES AND BE COVERED BY THE CLUBS INSURANCE. PAYABLE ONCE A YEAR ON APRIL 1ST.

Mini Tennis Match Play to be confirmed with medals and trophies to be handed out at presentation evening on Wednesday the 11TH DECEMBER 2019 at 7pm.

For any further information please contact Alison Head Coach on aalstennis2@gmail.com and 07970403079 or Zoe on zedwards837@gmail.com and 07971898645



Coaching/Drills

18TH SEPT
25TH SEPT
2ND OCT
9TH OCT
16TH OCT
23RD OCT
6TH NOV
13TH NOV
20TH NOV
27TH NOV
4TH DEC
11TH DEC

Coaching/Tactics/Fitness

21ST SEPT
28TH SEPT
5TH OCT
12TH OCT
19TH OCT
26TH OCT
9TH NOV
16TH NOV
23RD NOV
30TH NOV
7TH DEC
14TH DEC

Please Note. No sessions on the 30TH OCT and the 2ND NOV 2019

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|-----------|-----------------------|------|---------|
| Wednesday | 6.00pm - 7.00pm | COST | £98.00 |
| Saturday | 11.00am-12.00pm | | |
| Fitness | 12.00-12.45pm Fitness | COST | £108.00 |

Please return the following slip to Alison Smith c/o Burton Tennis and Squash Club, Ashby Road, Burton-on-Trent DE15 0LQ. Cheques made payable to Alison Smith. Places are restricted so **no late additions will be accepted**. Closing date for course is Saturday 20TH JULY 2019.

MINI TENNIS ORANGE GROUP

NAME..... DATE OF BIRTH.....

TELEPHONE..... SIGNATURE OF GUARDIAN.....,,

CONTACT NUMBER DURING COACHING SESSION.....,,

WEDNESDAY/SATURDAY/ALL SESSIONS PLEASE CIRCLE

Any medical conditions.....

BTM NUMBERCURRENT EMAIL.....

Due to new GDPR laws please indicate if it's ok to retain your contact information

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