

# U10 TENNIS COACHING PROGRAMME (2.5 - 10yrs)

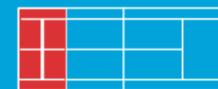
Tiny Tots Age 2 to 3.5yrs	Tuesday 10-10:45am Thursday 10:10-10:55am
Mini Tots Age 3.5 to 4	Saturday 9:15-10am Saturday 10:15-11am Saturday 11:15-12pm

We deliver a 38 week programme in line with the state school term dates and have breaks in the programme during the following holidays:

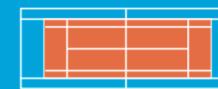
1 week during February Half Term  
2 weeks at Easter  
1 week during May Half Term  
6 weeks over the Summer Holidays  
1 week at October Half Term  
2 or 3 weeks over Christmas



	Level 1	Level 2	Level 3 & 4 (Invitational)
Youth Blue Age 4 to 6			Tuesday 4-5pm Thursday 4-5pm Saturday 9-10am Saturday 10-11am Saturday 11-12pm Sunday 9-10am
Youth Red Age 6 to 8			
Youth Orange Age 8 to 9		Wednesday 4-5pm Thursday 5-6pm Friday 4-5pm Saturday 8-9am Sunday 8-9am	Our L3&4 groups are by invitation. Throughout the year our coaching team assess and talent ID's players.  Invites will be discussed directly with parents.  Please note that players in level 3&4 groups play multiple times per week as well as regularly competing in various competitions.
Youth Green Age 9 to 10		Saturday 12-1pm *Sunday 9-10am	



**Tiny Tots**  
**45 min Indoor**  
£8.69 Pay & Play



**Monthly Direct Debit Cost:**  
**45 min Indoor**  
£27.59 per month  
**1 Hour Outdoor**  
£27.59 per month  
**1 Hour Indoor**  
£36.78 per month



**5% Multi Session Discount\***

We have access to both indoor and outdoor facilities at Abbeydale. Sessions marked (\*) indicate that session is outside

For bookings please contact our admin team  
[enquiries@academytennis.co.uk](mailto:enquiries@academytennis.co.uk)

# 11+ TENNIS COACHING PROGRAMME (10 - 18yrs)

The Academy run a dynamic junior **FULL BALL** coaching programme, delivering an exceptional tennis experience for every player, guided by our core values, coaching philosophy, and player-first principles.

We deliver a **38 week** programme in line with the state school term dates and have breaks in the programme during the following holidays:

**1 week during February Half Term**

**2 weeks at Easter**

**1 week during May Half Term**

**6 weeks over the Summer Holidays**

**1 week at October Half Term**

**2 or 3 weeks over Christmas**



**THE ACADEMY**  
ABBEYDALE

	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3&amp;4 Invitational</b>	<b>Monthly Direct Debit Cost:</b>
<b>Youth Yellow U11</b>		<b>*Saturday 8-9am</b>		<b>1 Hour Indoor</b> £36.78 per month
<b>Youth Yellow U12</b>	<b>Monday 4-5pm</b> <b>*Thursday 4-5pm</b> <b>*Saturday 9-10am</b> <b>*Saturday 10-11am</b> <b>*Sunday 10-11am</b>	<b>Monday 4-5pm</b> <b>*Thursday 4-5pm</b> <b>*Saturday 8-9am</b> <b>*Saturday 9-10am</b> <b>*Saturday 10-11am</b> <b>*Sunday 10-11am</b>	<p><b>Our L3&amp;4 groups are by invitation. Throughout the year our coaching team assess and talent ID 's players.</b></p> <p><b>Invites will be discussed directly with parents.</b></p> <p><b>Please note that players in level 3&amp;4 groups play multiple times per week as well as regularly competing in various competitions.</b></p>	<b>1 Hour Outdoor Daytime</b> £27.59 per month
<b>Youth Yellow Age 12 to 14</b>	<b>*Wednesday 4-5pm</b> <b>*Saturday 11-12pm</b>	<b>Tuesday 5-6pm</b> <b>Tuesday 6-7pm</b> <b>*Saturday 11-12pm</b>		<b>1 Hour Outdoor Floodlit</b> £30.49 per month
<b>Youth Yellow Age 14+</b>	<b>*Monday 5-6pm (boys)</b> <b>*Monday 5-6pm (girls)</b> <b>*Friday 4-5pm</b> <b>*Friday 5-6pm</b> <b>*Saturday 12-1pm</b>	<b>*Monday 5-6pm (boys)</b> <b>*Monday 5-6pm (girls)</b> <b>Tuesday 5-6pm</b> <b>*Friday 5-6pm</b> <b>*Saturday 12-1pm</b>		<b>1.5 Hours Indoor</b> £55.18 per month

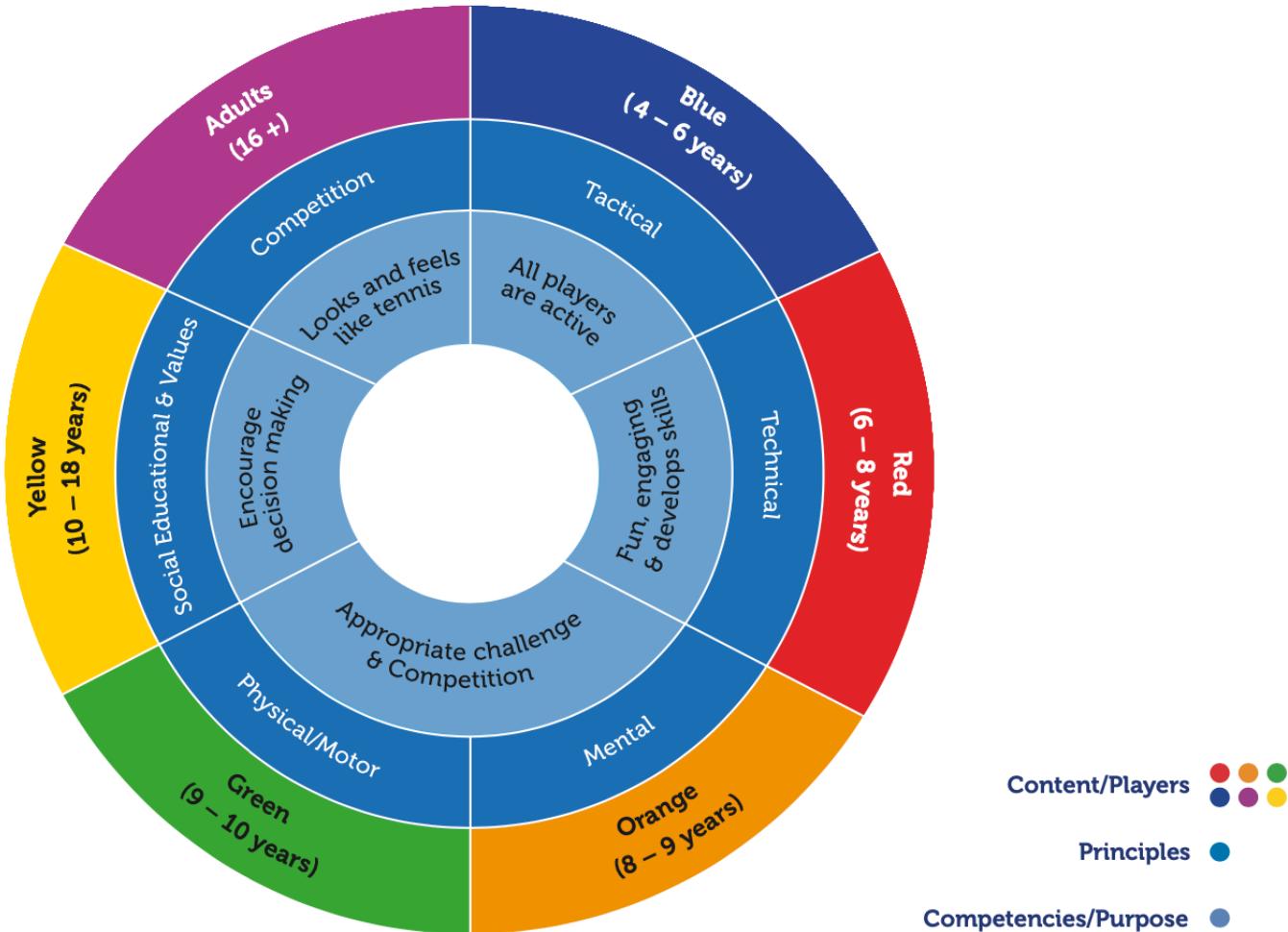
# Academy Coaching Programme

## Overview and Philosophy

1. Motor Skills
2. Skills for tennis
3. Tennis skills

**Skill development over fixed movement –**  
prioritising the skills to play over stroke shapes

**Variable skill acquisition –**  
Tennis is an open skill sport, we need to train players that way



### NOTES:

If an individual, or multiple members of the same family take part in 2 or more hours of coaching on our CORE GROUP COACHING PROGRAMME, you will receive a 5% discount off your fees.

Players who are 16+ and level 3 will be encouraged to participate in the adult box leagues and mens and ladies teams.

Players should expect to initially drop down a level when they move up an age group.

### **Invitation squads**

Players will only be invited onto Level 3/4 Squads if they are prepared to do a minimum of 2 squads and an individual lesson per week

Academy players do not have to become a member of Abbeydale Tennis Club to attend our Junior group coaching programme. However, to gain maximum benefit from the club and to access 1-1 coaching with our team and reduced court rates, we would encourage you to become a member of the club.

For further information regarding club membership, please contact: [playtennis@btconnect.com](mailto:playtennis@btconnect.com)