

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

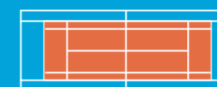
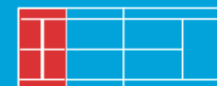
1 week at October Half Term

2 or 3 weeks over Christmas



**THE
ACADEMY**
ABBEYDALE

	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

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

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

Monthly Direct Debit Cost:

1 Hour Indoor

£36.78 per month

1 Hour Outdoor Daytime

£27.59 per month

1 Hour Outdoor Floodlit

£30.49 per month

1.5 Hours Indoor

£55.18 per month

1.5 Hours Outdoor Floodlit

£45.74 per month

2 Hours Outdoor Floodlit

£60.98 per month

5% Multi Session Discount*

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For bookings please contact our admin team

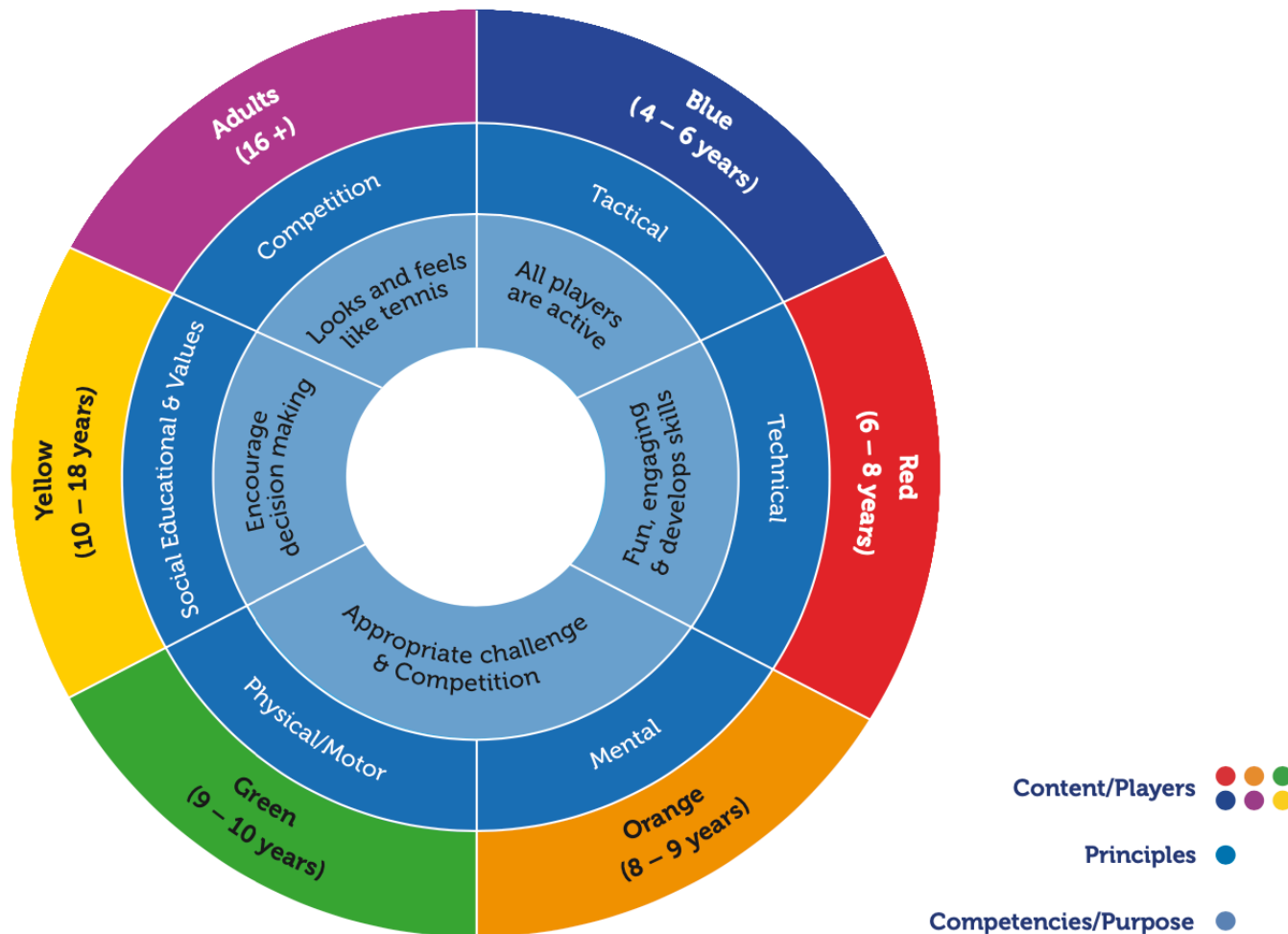
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Academy Coaching Programme Overview and Philosophy

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 as 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