

SCC Junior Tennis Academy



COACHING

DEVELOPMENT PTE LTD



COACHING AND DEVELOPMENT PROGRAMS

MIGHTY MITES – 4 to 7 years old

The overall focus of this stage is to promote the love of physical activity while laying the foundation for future enjoyment of the sport. The participant learns to move efficiently emphasizing agility, balance and coordination all in a progressive tennis environment (small racquets, softer balls, smaller size court). Promoting self confidence in an enjoyable safe environment is key to development at this stage. Kids are also introduced to hand eye coordination drills through developing their racquet skills.

4 sessions SCC Members \$100 Non-members \$120

1 Hour lesson SCC Members \$27.50 Non-members \$32.50

Saturday 9.00 AM to 10.00 AM

RACKETEERS – 5 to 9 years old (NEW GROUP)

The focus of the Racketeers group is to further develop the hand eye coordination and ball skills, more emphasis on racquet skills enabling the participants to keep the ball in play and engage in rallies and drills. Once they are able to consistently keep the ball in play the engagement levels and love of tennis will really begin

4 sessions SCC Members \$120 Non-members \$140

1 Hour lesson SCC Members \$32.50 Non-members \$37.50

Saturday 10.00 AM to 11.00 AM

FUN-DAMENTALS – 6 to 10 years old

The most important focus of the fundamentals group is to further develop fundamental motor skills as well as movement skills. In fundamentals an introduction to tactical play is introduced to further develop their decision making on court at a young age, along with the rules of the game and tennis ethics. Participation in Fundamentals will lead to a greater love for the sport in a fun and enjoyable environment.

4 sessions SCC Members \$120 Non-members \$140

1 Hour lesson SCC Members \$32.50 Non-members \$37.50

Sunday 9.00 AM to 10.00 AM

FUTURES- 8 to 12 years old

The focus of this group is to build physical literacy through continued development of tennis skills moving from progressive tennis to full court during the latter part of the developing stage. During this stage basic competitive skills through learning to cope with basic competitive match play environments are developed, as well as psychological skills are introduced such as ability to focus, effort/determination and a positive attitude.

4 sessions SCC Members \$160 Non-members \$180

1 1/2 Hour lesson SCC Members \$42.50 Non-members \$47.50

Sunday 10.00 AM to 11:30 AM

TOURNAMENT TRAINING 12 to 15 years old

Tournament Training sets the foundation for learning to be a competitive junior. At tournament training players take their learned skills and apply them to competitive match play situations. Players continue to develop their specific game style emphasizing the execution of skills in a game situation. Players are also introduced to the concept of recovery and rehabilitation through sleep, good hygiene, nutrition, and effective warm-up in all aspects of preparation.

4 sessions SCC Members \$160 Non-members \$180

1 1/2 Hour lesson SCC Members \$42.50 Non-members \$47.50

Saturday 11:00 AM to 12.30 PM

For any other enquiries please contact us
at

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