

# THE COACHING PROGRAM

## Tier 1: Hot Shots

## Tier 2: Junior Coaching beginner to intermediate + players 10 yrs & above

- maximise student participation
- maximise enjoyment
- develop fundamental motor skills
- expose students to a variety of tennis playing situations
- apply movement skills in tennis that require communication, cooperation, perception and decision-making
- learn the rules in a variety of games and modified activities



APPROVED MLC TENNIS HOT SHOTS DELIVERER

***MLC Tennis Hot Shots,  
is the only nationally  
recognised grassroots  
participation program that  
is endorsed by Tennis Australia for  
children aged 5-10 & under years old."***

# HOT SHOTS TENNIS AND JUNIOR COACHING

The Buninyong Tennis Centre Hot Shots Tennis Program is the fun way for kids to step into the wonderful world of tennis.

## “The Learning to Play Pathway”

From the first moment players participate in the program, they will ‘play the game’ of tennis. Smaller courts, nets, racquets and low-compression balls make learning easy and give younger players the chance to serve, rally and score right from the first time they play.

Children progress through three developmental stages then graduate to playing on a full-size court.

Please note ages are only a guide and often overlap. Pupils progress through stages as their skills become competent at that level

## Tier 1

### Explore (5 – 7 years)

This stage of “playing the game” is on a smaller red court (2 sizes of mini-nets), using a smaller racquet and softer (**red**) balls. Players develop fundamental motor skills, as well as acquiring different forms of rallying and basic tennis technique.

### Encourage (7 – 9 years)

Basic loco motor skills are refined at this stage, as players use a modified ball still (**orange ball**), but play on a 3/4 court. Players are able to rally the ball with more consistency and spin, develop the serve and return and use the volley as they progress through this stage.

## Tier 2

### Hot Shots Development (8 – 10+ years)

Technical, tactical, physical & psychological competencies are all developed in this stage. Lessons are on a full size court and use the 75% compression ball (**green ball**).

### Junior Coaching - Full court tennis

From the green stage, children will move to a full court with a regular ball. Children can play in weekly school and club competitions and then enter Junior Development Series tournaments.

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for information and enrolment brochures