

JUNIOR SOCIAL PROGRAMS

BLUE - RED - GREEN - TEEN

Hotshots Blue 3-4 yrs

Hotshots BLUE is perfect for young children new to tennis. The play-based program involves a parent/care giver in the sessions which focus on skill development through a fun and engaging program of games, drills and team activities.

Coaching inclusion

- 30-minute classes; 10 week coaching term
- All equipment provided
- Excellent for gross motor skills and hand eye co-ordination
- Prepares children for future sporting pursuits
- Increases children's confidence and improves social skills
- Progression is into Hotshots RED

Hotshots Red 5-7 yrs

By learning the basic skills on the red 1/4 court, children will master new skills and learn how to move around the court. The small racquets allow consistent contact with the red ball assisting the development of proper technique. Children will learn to perform a circular swing on ground strokes, serve with a variety of direction, rally with a partner, anticipate their opponent's shots, perform a volley and overhead with some control, cooperate with, and help others in a team situation.

Coaching inclusion

- 30min classes; 10-week coaching term
- Average 4 pupils per coach
- Free 21-inch racquet for every new pupil
- Modified equipment used (1/4 court, mini nets, soft balls)
- A fun and encouraging program.
- Takes approx 12 - 18mths to complete all stages depending on the age and ability of your child.
- Progression is into either the Red Futures Program or Hotshots Orange

Hotshots Orange 7-10 yrs

In Hotshots ORANGE children learn on a 3/4 court. During this stage the pupils are able to develop a complete technical repertoire. The length of the court forces the attacking player to be accurate and use spin. It allows players to approach the net and develop their net game. Children will learn to perform a circular swing and a consistent contact point on ground strokes, perform a rhythmic serving motion, rally with a partner, perform a volley & overhead smash.

Group Coaching inclusions

- 1-hour classes; 10 week coaching term
- Average 8 pupils per coach
- 3/4 court
- Free 23 inch racquet for all new pupils
- Modified Orange Balls fly slower through the air and bounce in the hitting zone of the child. This fast tracks their stroke development and allows them to have longer rallies and hit more tennis balls.
- Focus in on preparing the children to be capable of playing Hotshots Orange Fixtures
- Progression is into the Orange Futures program or Hotshots Green.

Hotshots Blue

Hotshots Red
Stage 3

Hotshots Orange
Stage 3

Hotshots Green
Stage 3

Stage 1
Teen Tennis

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Hotshots Green 8 - 13 Yrs

Hotshots Green is played over the full-sized court. Modified Green balls are used that fly slower through the air and bounce in the hitting zone of the child. The green ball is slightly harder than the orange ball and flies the full length of the court. Children will learn to perform shoulder turn, circular swing on ground strokes and consistency in contact, serve into the service box from the baseline & rally with a partner on a full court.

Group Coaching inclusions

- 1-hour classes; 10 week coaching term
- Average 8 pupils per coach
- Full sized court
- Free racquet for all new pupils
- Focus is on preparing the children to be capable of playing Hotshots Green Fixtures
- Progression is into the Green Futures Program or Teen Tennis (hard ball)

Teen 13+ yrs

A good option for teenagers who want to improve their tennis skills in a social and friendly environment. Pupils are protected from the experienced & strong teenage players as they are in private lessons and squads.

Group coaching inclusions

- 1-hour class; 10 week coaching term
- Average 8 pupils per coach
- Full Court
- Hard Ball
- Aim is to prepare the pupils for Hotshots Teen Fixtures and Saturday Inter Club fixtures.
- Progression is into the Adult Group Classes. Fixtures or social tennis.

Hotshots Blue

Hotshots Red
Stage 3

Hotshots Orange
Stage 3

Hotshots Green
Stage 3

Stage 1
Teen Tennis