

COACHING PROGRAMME



NORTHAMPTON TENNIS COACHING

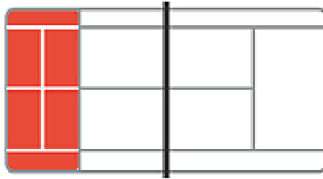
Helping Everyone Become
Tennis Heroes

INFORMATION
BOOKLET



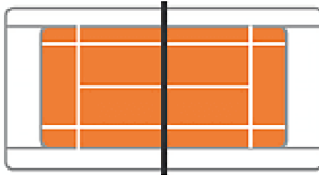
MINI TENNIS

RED



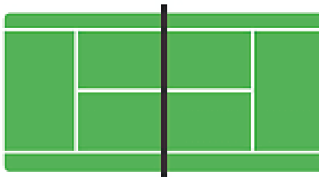
- **Outdoors: Red felt balls | Indoors: Sponge balls**
- **25% Compression balls, making it 75% slower**
- **21" - 23" Aluminium rackets**
- **Rough age guide: 5-8 years old**

ORANGE



- **Orange Felt Balls**
- **50% Compression balls, making it 50% slower**
- **23" - 25" Rackets (Graphite preferred)**
- **Rough age guide: 8-11 years old**

GREEN



- **Green Felt Balls**
- **75% Compression balls, making it 25% slower**
- **25" - 27" Graphite rackets**
- **Rough age guide: 10-13 years old**

WE USE THIS STRUCTURE AS A TEACHING AID, IT IS NOT A MEASUREMENT OF PROGRESSION OR STANDARD. WE ENCOURAGE AN ORGANIC GROWTH THROUGH THE COURT SIZES, IT IS NOT BY AGE OR ABILITY!

OUR LESSON STRUCTURE

PHASE 1 - PHYSICAL MOVEMENT & CO-ORDINATION

Tennis is a physically demanding sport, both athletically and skill acquisition. We believe strongly in developing this area of our players through movement based games and activities which link the to theme of the lesson.

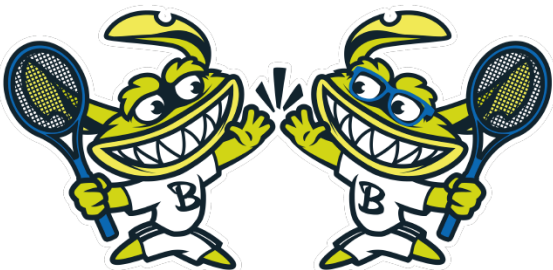
PHASE 2 - TECHNICAL REPETITION & SHOT SPECIFIC

There is a lot of science around how long it takes to form habits and this is no different to automating the basic tennis strokes.

Whilst taking into consideration tennis is an open skill sport with an extremely wide range of shots. We believe that this highly technical sport demands you to “hit a lot of balls!”

PHASE 3 - TACTICAL MATCHPLAY & SITUATIONAL LEARNING

There is no better learning place than on the match court. We learn when we fail, so all players need to experience as much of those game situations as possible.



SUBSCRIPTION



We charge a monthly subscription, which includes the following:

- 30min to 90min weekly lesson (term time only!)
 - Club membership (free use of the courts)
 - Interactive app / AP Play
 - Monthly competitions
- **Affordable** - 12 Monthly payments instead of 6 half term payments. This makes each payment smaller and can be budgeted monthly.
 - **Automated** - Payments will come out automatically on a subscription model through the app (stripe).
 - **Cancel Anytime** - You are not signing into any long term contract, you can cancel anytime.
 - **Membership** - This includes your membership to the Tennis Club, limiting the admin and amount of payments you need to make!



1 x 60 minute outdoor session	= £31
1 x 60 minute indoor session	= £42
2 x 60 minute outdoor sessions	= £42
2 x 60 minute indoor sessions	= £64
2 x 60 minute combination sessions	= £53
1 x 90 minute outdoor session	= £42
1 x 90 minute indoor session	= £58
2 x 90 minute outdoor sessions	= £62
2 x 90 minute indoor sessions	= £94
2 x 90 minute combination sessions	= £78
60/90 indoor/outdoor combination	= £70

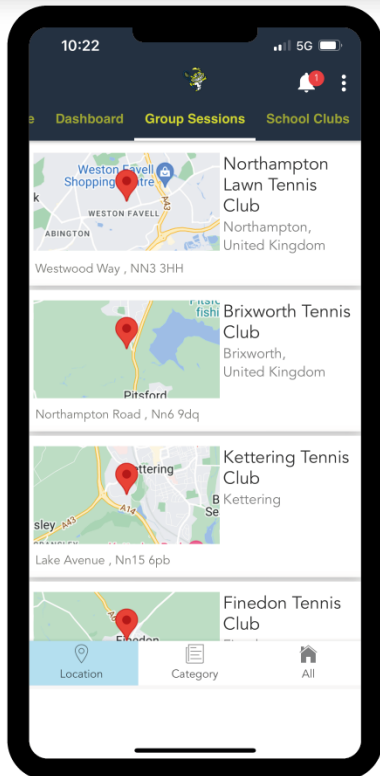
Please note the monthly payments **DO NOT** reflect how many sessions you have done that month, it is worked out over a full year and divided into 12 payments. Some months you will pay more and some months you will pay less. Lessons are still term time **ONLY**. This works out between 38-40 lessons per year.

HOW TO SUBSCRIBE

1

Click on the group sessions tab. Search for your club and find the correct session that you wish to enrol into.

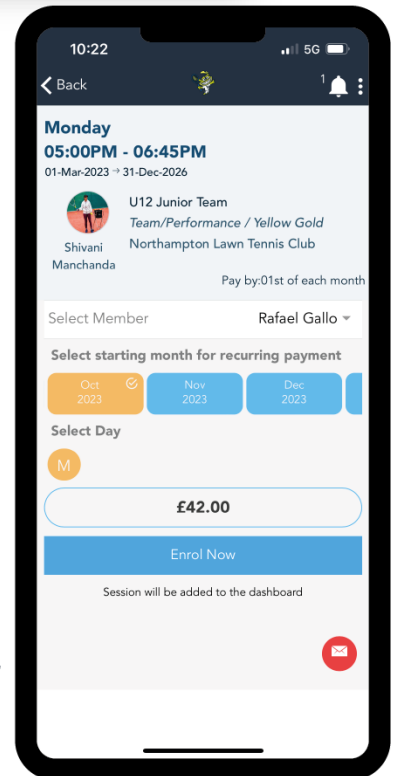
If you are doing multiple sessions per week please enrol into all sessions, and contact the Head Coach about setting up the payment subscription.



2

Select the child you are enrolling and the month that you start your lessons.

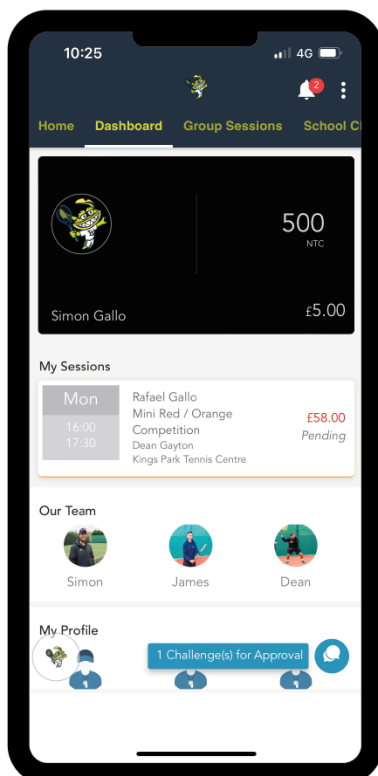
Please note payments will start on the day you subscribe. If you back date the start month it will charge you for the missed months. If you put a start month ahead then it will set up the payments from the 4th.



3

Go back to the dashboard section of the app, there you will see the pending payment. If you are paying by childcare vouchers or cash, then please leave this as pending.

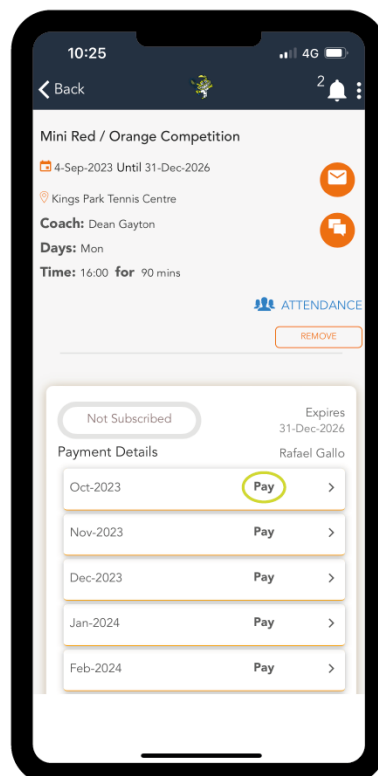
If you are setting up automatic subscription then click on the box and follow the instructions.



4

Click the pay button on your starting month, and follow the screens through to adding your card details in.

All payments will come out automatically. Please contact your Head Coach if you wish to cancel your subscription at any point.



CLUBS

How to book courts at each of our clubs?

Northampton Lawn Tennis Club

Register for a junior membership and click the bank transfer/other option, this will make sure you do not make any automatic payments and make the courts free for when you go to booking them.

www.northamptontennisclub.co.uk

Kettering Tennis Club

Use the Kettering Tennis Club app to book a court. If when booking it is not showing as free please contact either the Head Coach or email northamptontenniscoaching@gmail.com

Collingtree Tennis Club

Download "Collingtree Tennis Club" on the App Store or Google Play.

Please contact the Head Coach once you have downloaded the app to make the court bookings show as free.

Kings Park Tennis Centre

Call 01604 797900

ALL Northampton Tennis Coaching players will now receive 10% off courts at Kings Park Tennis Centre, Off-Peak ONLY.

Please quote "NTC" when calling to book a court.

Hard work, dedication & pure motivation makes you who you are and will become.

Losers complain, winners train.
Work Hard. Train Harder.

Novak Djokovic



COMPETITION

Here at NTC we heavily encourage competition as early as possible into your child's tennis journey. However if your child is in our Tots programme, it is probably too early for them to play competition. Usually we say this would start around 6/7 years old depending on their progression.

MATCHPLAYS

Matchplays are for **EVERYONE** in our programme, they are the best place to start for those new to competition, with less focus on an overall competition winner, and more emphasis on playing matches and learning through the process.

We run matchplay sessions roughly every month, these can be found in the matchplay section of the app to book.

We run two types:

- Mini Tennis - For those players playing red, orange or green ball in their lessons, usually under 13 years old.
- Junior Tennis - These are for yellow ball players, usually teenagers and above.

LTA GRADED COMPETITION

LTA graded competitions are external competitions giving you the opportunity to play a wide variety of opponents across the country.

You can book onto these via www.competitions.lta.org.uk. Please speak to your coach before entering LTA graded events to check suitability. These are recommended for those regularly competing or around green stage of our grading system.



Club Player

Emily/Liam Bodsworth
Sean Burokur-Houltram

1-2 Squads per week
1 Individual per week
10-15 matches per year
Hours per week = 2-4

County Player

Toby S / Sam Underwood
Jack Webb / Oscar Constable

2-3 Squads per week
1 Individual per week
15-30 Matches per year
Fitness training
Hours per week = 4-8

**Example programmes
of Northamptonshire
players, along with
their competing level.**

Regional Player

Evie / Sam Thomas
Joshua Wright / Marcel J

2-3 Squads per week
1-2 Individual per week
30-50 Matches per year
Fitness training
Hours per week = 8-12

National Player

Oskar Laskowski
Leah & Tegan Bush

4+ Squads per week
3+ Individual per week
50+ Matches per year
Fitness training
Hours per week = 10-25

- **These are rough examples of each of these players programmes.**
- **All of these players started their journey's within a Northamptonshire tennis club.**
- **All of these children have attended other sports and activities, and still do!**
- **All get extra practice outside of their "lessons"**
- **All still love tennis!**
- **Options for them: University / College Tennis, Coaching, Sports degree, careers within tennis (physio, fitness, psychology).**



79% of children who played once a week in 2022 quit!

100% of the children who played twice per week in 2022 continued with the sport!

You are 4x as likely to build a love for a sport or activity if you do it a minimum of twice per week.

Of the 250 children who attended once per week in 2022, 22% attended a matchplay event throughout the year.

Of the 22% that did attend a matchplay session, 92% of those are still playing. Some moved to twice per week, some still at once per week.

What can you do to help your child fall in love with tennis?

Higher Cost / Higher Reward
Individual Lessons £25 - £35 per hour
"Pods" – 3 or 4 to 2 ratios with a coach and a hitter.
£10 – 90mins | £15 - 90mins.

Mid Range Option
Have a hitting session with one of the assistants. £5-£10
Extra group £42 per month
(£62 if you do 90minute sessions)

FREE Options
Use your Tennis Club, courts are free as you are a member!
Practice with family member.
Matchplay once per month in Northampton LTC



SQUAD

WHITE

Children who start the game with us will start at the white stage. They will be looking to learn some of the basic shots, skills and learn the rules of the game.

BLUE

Technical

- Children have a basic knowledge of swing path and bodywork involved in Forehand, Backhand, Volleys and Serves.

Tactical

- Children are comfortable on the match court, and can understand the basic tactics to win a point.

Physical

- Children have a basic knowledge of ready position, split step and recovery.

- We advise all players to be practicing twice per week, this can either be coaching sessions or private practice.

- Children must be coming to matchplay sessions regularly.

GREEN

Technical

- Children are starting to develop a wider range of technical ability, being able to hit with spin and are confident with the racket work on all shots.

Tactical

- Children are progressing on the match court, displaying multiple tactics they could try within matches.

Physical

- Children are becoming more automated with their movement patterns, and can effectively demonstrate the basic technical aspect of the movement needed.

- Children must be practicing twice per week, this can either be coaching sessions or private practice.

- Children must be coming to matchplay sessions regularly, ideally at least once per month.

CLUB

PATHWAY



PURPLE

Technical

- Players are demonstrating a strong knowledge of technical ability, and are automatically producing efficient swings.

Tactical

- An awareness of game styles is starting to come into their game, with the ability to change tactics and see strengths and weaknesses.

Physical

- Advanced footwork pattern is starting to become more automatic in their game, and are starting to work on the efficiency of their footwork and bodywork.

- Children must attend 2 sessions per week, either two squads or a 1:1 session with a squad.

- Children must be coming to matchplay sessions regularly, ideally at least once per month.

BROWN

Technical

- Children have an advanced knowledge of the racket work and technical skill.

Tactical

- Children can display a high range of tactics along with a strong understanding of their game style and opponents.

Physical

- Children have an advanced knowledge of the body work and footwork patterns needed to be efficient on court.

- Children must attend 2 sessions per week, either two squads or a 1:1 session with a squad.

- Children must be coming to matchplay sessions regularly.

BLACK

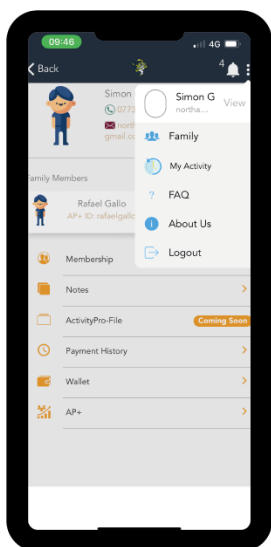
Children have an advanced knowledge of all aspects of the game, and are playing at a regional level competing well in Grade 2's & 3's.

COUNTY

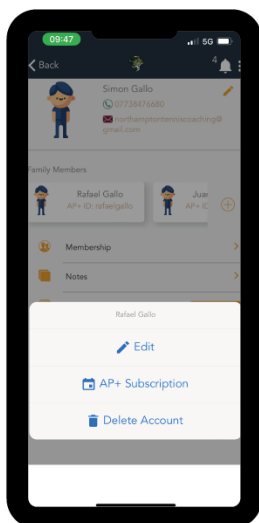
REGIONAL

AP PLAY

Activity Pro Play is our interactive progress measurement app which is there to help gamify the children's journey through the sport. We use this app to help give children an understanding of their improvement and aims. There is also a huge amount of other features in order to help them get addicted to tennis!



To register an account, go into the Northampton Tennis Coaching app, and click on the three dots top right, and click 'family'. Here you can see all of your information about your family, and add/edit family members info.



Every child has had an account created for them when you add a family member. Click on the child's name and 'AP+ subscription'. This will bring up their login ID and also a button to reset password should you need to.

SCAN QR CODES TO DOWNLOAD AP PLAY



APP STORE



ANDROID

PRO SHOP

We are proud to be an official Yonex stockist, and can supply all your equipment needs, from rackets to grips and accessories.



- Rackets
- Clothing
- Balls
- Grips
- Dampners
- Caps/ Visors
- Shoes
- Bags
- Socks




NORTHAMPTON
TENNIS COACHING

**Northampton Tennis Coaching
Re-Stringing Service**

07738476680
northamptontenniscoaching@gmail.com

Price List:

Strings	Next Day - Priority	Standard Service (2-5days)
High Quality Polyester	£32	£27
Mid-Range Polyester	£27	£22
Budget Polyester	£23	£18
High Quality Multifiliment	£32	£27
Mid-Range Multifiliment	£27	£22
High Quality Synthetic Gut	£27	£22
Budget Synthetic Gut	£23	£18
High Quality Hybrid	£32	£27
Mid-Range Hybrid	£27	£22
Budget Hybrid	£23	£18
Grip Replacement - Overgrip	£5	£4
Grip Replacement - Standard	£8	£7
Own Strings	£17	£12



The big white container @
Northampton Lawn Tennis Club, Westwood Way, NN3 3HH
07738476680



FAQs & Policies

- **What if it is raining, or the weather is bad?**
If we cancel a session for any reason you will be notified by text an hour before the lesson.
- **What happens to missed sessions due to weather or cancellations?**
All sessions that have been cancelled will either be rearranged, refunded or you can attend a make-up session at another time.
- **What happens if I miss a lesson due to holidays, illness or family events etc?**
Our policy is simple, we want children to play as much as they can. Therefore if you miss a session you can attend another session in the week of a similar age and standard, please speak to your coach about suitable groups.
- **My child is now 9 can they move up to Mini Orange?**
All our sessions are aimed to give each child the best possible learning environment, and ball colour is a training aid for us and NOT a measurement of progress. Most groups are done by a combination of age, social enjoyment and physicality to deal with the bigger court and faster ball. We will inform parents and children when we feel a move of groups is good for their progress.
- **I want to swap my group for an individual lesson? I want to swap to a group on a different day as I don't feel they are progressing.**
Children are ALWAYS progressing, but the speed at which they progress is dependant. We encourage increasing the amount of hours to improve the rate they progress rather than swapping the hour. Swapping 1 hour for another does very little to improvement rates. Please see page 7/8 for our examples of this.
- **How can I book individual lessons?**
Please speak to the coach individually who you would like to book lessons with.
- **How do I get into the county teams?**
County training sessions are help periodically, if your coach feels you are ready to be in the setup for this they will put your name forward to Northants LTA. However entering LTA graded competitions and moving up the county leaderboards rankings will help your chances.



hello@northamptontenniscoaching.co.uk

www.northamptontenniscoaching.co.uk

07738 476680