



Abbeydale Tennis Squads



Green Programme (10yrs)

Book your **FREE** Indoor taster session!



Level 1



Learning to hit forehands and backhands from a ready position and learning to move to the ball. Can get nearly all groundstrokes over the net. Starting to try rallying with coach. Learning a basic overarm serve

Day	Time	Coach	Code
Tuesday	5.00- 6.00pm	Adam	49
Tuesday (matchplay)	6.00 – 7.00pm	Mike	35
Wednesday	5.00 – 6.00pm	Adam	67

Are you ready to
move up to Level 2?



Ready to move up when you
are starting to rally with
another player.



Level 2



Keeping technique well on groundstrokes and can rally with each other for around 10 shots. Can now play points and are learning to add an overarm serve when playing points. Looking to start to play club matches and matchplays.

Day	Time	Coach	Code
Saturday	10.00 – 11.00am	Shaun	42a
Saturday (matchplay)	11.00 – 12.00pm	Adam	43



Continues Overleaf



Are you ready to
move up to
Level 3?



Ready to move up when you
can move the ball around the
court and you are always
using your over arm serve.



Level 3



Starting to learn how to hit their groundstrokes using both spin and direction. Trying to hit an overarm serve more consistently so it can be hit as a first and second serve in a match. Should now be trying to play matches regularly at the club.

Day	Time	Coach	Code
Friday	5.00 – 6.30pm	Shaun	41b

Are you ready to move up to play Full Ball Tennis? When you are 11yrs old or you are a very experienced Green matchplay player.

Indoor Members
20% OFF
Outdoor Members
10% OFF

Mini Green Prices

Length	Price
45mins	£8.50
1hr	£10.50
1.5hrs	£14.50
1hr (matchplay)	£6.50



& 20% for a 2nd Squad !!

Course Dates 2016 – 14 week term

The New Term starts Monday 1st February – Saturday 21st May 2016
(Missing 2 weeks for Easter : Sunday 20th March – Sunday 3rd April 2016).

For more details or to book your free taster session please call reception on
0114 236 1938