

Junior coaching

SOUTHDOWN COACHING

Our philosophy when coaching juniors is simple, the harder we work the more fun we have.

Our junior programme caters for players aged 3-18. There are numerous sessions for all levels of players, from those who have never played before, all the way through to players competing at a regional and national level.

We have a structured programme, using the LTA mini tennis system to help players improve and progress from any age. With the help of our incredible team of professional coaches, our programme enables us to provide a clear pathway for players and gives them the chance to be continually pushed and ensure they are in the best 'club' environment to improve.

Continue for more information on which group would be best for your child and how to book.



Mini Tennis

(ages 3-11)



TOTS TENNIS

Tots Tennis is for children aged 3 to 5 years and enables them to learn the basic skills and how to enjoy the game through a series of fun activities based on the fundamental areas of balance, co-ordination, agility, movement and racket/ball skills. Parents are encouraged to join in with their child for the first few sessions at early ages to give them the confidence to interact with new friends and enjoy the activities.

Tots Sessions:

- Friday 2:15-3:00pm
- Saturdays 9:30-10:30am

MINI RED TENNIS

Mini Red Tennis is for players aged 5-8yrs. It is played on the Mini Red (1/4 size court) with shorter rackets (19-23") and softer Mini Red or foam balls. It's just like the real game and gives players opportunities to develop all of the different types of shots. Sessions will include lots of movement and coordination exercises with the aim to get players rallying with a coach and other players in the group.

Mini Red Sessions:

- Monday 4:30-5:30pm
- Wednesday 4:30-5:30pm
- Saturday 9:30-10:30am

MINI ORANGE TENNIS

Mini Orange Tennis is for players aged 8-10yrs. It is a great way for players to continue their progress from Mini Tennis Red or to get started in the game. It is played with shorter rackets (23-25"), softer Orange balls and courts are bigger and wider than the red stage but still smaller than full-size tennis courts allowing players to develop more advanced athletic skills and movement skills to cover greater distances on the courts. Players work on core tennis skills of forehand, backhand and serve developing technique to allow them to hit the ball over greater distances. It is the next stage before playing on a full-sized court.

Mini Orange Sessions:

- Monday 5:30-6:30pm
- Wednesday 5:30-6:30pm
- Saturday 10:30-11:30am

MINI GREEN TENNIS

Mini Tennis Green is for players aged 9-11yrs and is a great way for players to continue their progress from Mini Tennis Orange or get started in the game. It is played on a full-size tennis court with balls which are a little softer than yellow balls making it easier to learn. The focus for green tennis is for player to be able to rally and play points on a full-sized court, developing match play skills and being able to rally from the baseline with other players in the group. It's the next stage before moving on to full compression yellow balls on a full-sized court and helps players develop and improve all aspects of their game.

Mini Green Sessions:

- Monday 5:30-6:30pm
- Wednesday 5:30-6:30pm
- Saturday 10:30-11:30am



Junior Tennis

(ages 11+)



YELLOW 2 & YELLOW 1

Junior groups cater for older juniors of all abilities. Beginners will be given all the knowledge of the basics to get them playing the game quickly. For more advanced players, sessions will enable players to work on more advanced techniques and improve their tactical awareness to help them become more effective players. Juniors progress through the junior groups from 2 - 1. Junior players are encouraged to practise and play matches against fellow members, as well as play for the Club teams in Summer and Winter leagues.

Yellow 2 Sessions:

- Thursday 6:30-7:30pm
- Saturday 11.30am-12.30pm

Yellow 1 Sessions:

- Friday 5:00-6:00pm
- Saturday 11.30am-12.30pm

PERFORMANCE BRONZE, SILVER & GOLD

These squads cater for any competitive level player from the age of 11 upwards. We start with players coming from mini tennis or players competing who are looking for high quality coaching sessions to help improve their game and rating. These squads also provide high quality training for county, regional and national level players from 12 & Under to older junior players who have aspirations of playing college level or professional tennis. All sessions are based on the game situations of tennis, with the tactical intentions and technical skills being our main focus.

Bronze Sessions:

- Monday 6:30-8:00pm
- Thursday 5:30-6:30pm
- Saturday 11:30am-12.30pm

Silver Sessions:

- Tuesday 6:30-8:00pm
- Friday 6:30-8:00pm

Gold Sessions:

- Tuesday 6:30-8:00pm
- Friday 6:30-8:00pm

WHAT MAKES SOUTHDOWN SPORTS CLUB UNIQUE?

Essentially, we are a Members "Tennis Club" with our own Junior Performance Squads which allows our players to not just develop their tennis skills but also be developed as people obtaining important life skills within a friendly Club atmosphere.

As our players get older, they often become part of other sections of the programme through becoming Tennis Leaders, Assistant Coaches and often fully qualified Coaches, which allows a greater understanding of how learning works and often helps them in their own game! Players also get integrated into senior tennis with the Men's and Ladies teams.



Adult coaching

SOUTHDOWN COACHING

Our philosophy when coaching adults is simple, the harder we work, the more fun (and rest) we have.

Delivered by our incredible team of professional coaches, we have a structured programme offering a wide range of adult courses to cater for all levels, helping all of our members improve and progress their tennis within a welcoming 'club' environment.

We also run weekly Cardio Tennis and Team Training sessions throughout the year.

For information on which group would be best for you and how to book, keep reading.



Adult squads



BEGINNERS

For adults who want to start learning the game and are looking for a new challenge in life – look no further!

Sessions will cover basic technical and tactical aspects incorporated within a games based approach which allows progressive learning, making it fun and enjoyable. Session will involve drills and introduction to matchplay.

Beginner Sessions:

- Monday 1:00-2:30pm
- Friday 6:00-7:00pm

IMPROVERS

For those who have previously attended the level below or who are returning after a lengthy absence and want to brush up on their skills. The sessions are for those who still require some fine tuning on basic technique and wish to build their confidence in matchplay situations. Players should be able to maintain a rally from the baseline with both forehands and backhands and be capable of serving overarm.

Improver Sessions:

- Wednesday 5:30-6:30pm
- Friday 10:00-11:30am

INTERMEDIATES

Players must be competent in all areas of the game and be capable of hitting with pace, spin and consistency. A full range of all the strokes will be covered in this course and an opportunity to explore tactics in greater depth for both singles and doubles. Session will be both games based allowing players to develop skills in a matchplay situation and will involve a range of drills to improve technique.

Intermediate Sessions:

- Wednesday 6:30-7:30pm
- Thursday 10:00-11:30am

TEAM TRAINING (ADVANCED)

For strong club players who are capable of hitting with pace, control and consistency and represent the Club in the local leagues. Sessions will focus on advanced drills to improve overall skill and technique and will explore more advanced levels of tactics in both singles and most importantly doubles matchplay situations.

Team Training Sessions:

- Wednesday 6:30-7:30pm

LADIES TRAINING (ADVANCED)

For our Ladies' Team players who wish to train together with other strong Ladies. Sessions will focus on advanced drills to improve overall skill and technique and will explore more advanced levels of tactics in both singles and most importantly doubles matchplay situations.

Ladies Training Sessions:

- Monday 8:00-9:30pm

CARDIO TENNIS

Cardio Tennis is a series of tennis-based drills and activities played to up-tempo music on a tennis court. It does not require tennis skills, but is all about keeping your heart beat up, burning calories and having fun. Cardio tennis includes a warm-up, work out and cool down. There are drills for absolute beginners to advanced players and whether the ball goes in or out is irrelevant as the main purpose is to get fit. It is not a coaching session but is about hitting lots of balls and keeping active throughout with the main aim of getting fit doing tennis related exercises.

Cardio Tennis Sessions:

- Tuesday 12:30-1:30pm
- Friday 7:00-8:00pm

