



## **CRAIG MOUSLEY TENNIS ACADEMY**



### **DESCRIPTION OF PROGRAMMES AVAILABLE**

No matter your age or standard, private or groups, we have a programme designed for you! Below is the pathway students can take to develop their tennis.

#### **ANZ TENNIS HOT SHOTS**

##### **RED BALL: (low compression 25%)**

- \*\*Free junior tennis racquet\*\*
- 4-7yrs Red Ball with a court area designed for younger children
- Students learn the fundamentals of tennis including movement patterns, ball and racquet skills, co-ordination skills and basic swing patterns
- Max 4 students per coach

#### **DEVELOPMENT SQUAD ANZ TENNIS HOT SHOTS**

##### **(ORANGE BALL 50% compression GREEN BALL 75% COMPRESSION)**

- 8 years+ and of varying standards
- Students continue to develop all of their skills with lower compression balls and with a modified court size for Orange Ball and full-size court for Green Ball.
- As they develop their skills, match tactics are introduced and are also developed throughout the different stages of learning. Doubles play is being introduced
- max 5 students per coach
- 45 min or 60 min sessions available at a variety days and times (see enrolment form on our web site)

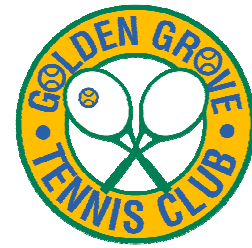
#### **DEVELOPMENT SQUAD ANZ TENNIS HOT SHOTS**

##### **YELLOW BALL**

- 10 years+(dependent on standard)
- Full court with standard tennis ball, full-size court
- Students develop their knowledge of tactics through drill work and plenty of hitting with the other students. Coaches will very rarely feed balls out of a basket as we want the students to keep developing their movement patterns, stroke production and perception skills through game play and point construction. This is a major part of their development that is better taught through groups.
- More focus is given to doubles play as well
- A lead in to the Talent Squad



## **TALENT SQUAD**



- This squad is by invitation only. This squad is run very similar to the National Academy in Adelaide and is of a high standard. To be considered for this particular squad, players must be able to hold a rally of good pace, have a high ranking or are highly ranked for their age, have aspirations to play division 1 seniors or pennant and be training at various stages throughout the week.

- We have players from other clubs as well as our highly ranked juniors and even some of our women's pennant players.

- Advanced stroke production and tactics are taught

## **PRIVATE LESSONS**

- These lessons are held individually for 30min, 45min or 60min

- Private lessons are good to improve technique and to work on particular aspects of your game as there is only 1 person and all the coaches focus is on them.

- Some tactics will be taught but it is easier to put in practice against other players in groups.

## **ANZ HOT SHOTS GAME PLAY**

ANZ Hot Shots Game Play is a modified competition mainly for red/orange standard players. This modified competition is a great addition to coaching as the students can put in place what they are taught at coaching. It also gives them an introduction to match play and even though it isn't a coaching lesson, they learn through game play to move and watch the ball, control their hitting, scoring and sportsmanship. Parents are encouraged to assist with the scoring and participate in any way possible.

## **ADULT LESSONS**

We conduct an Adult class on a Tuesday morning. Sessions are fun and of a relaxed atmosphere. If you are looking to improve your game and for a little fitness, this is the class for you.

## **CARDIO TENNIS**

Cardio Tennis is a new, social, group tennis- fitness program for people of all ages and abilities. It's less about technique and more about getting a great, high-energy workout.

The 60 minute session format of Cardio Tennis is also ideal for everyone who likes the idea of playing tennis but finds it hard to commit to being involved in a regular competition. Participants wear heart rate monitors, exercise to music, use low compression balls and a variety of equipment, including agility ladders.

Research has shown that during a Cardio Tennis session, women can burn around 300 to 500 calories per hour and men can burn between 500 to 1000 calories per hour.

Register at [cardiotennis.com.au](http://cardiotennis.com.au)

