

### **MINI BALLS (BRONZE) - Beginners**

Ideally 6-10 years old

The Bronze group is the fundamentals group.

Low intensity where the emphasis is fun, whilst creating an energetic and exciting environment.

Multilateral development is of essence. Running, jumping, catching, throwing, balancing etc

Basic rules of the game are introduced.

Before advancing attendees should be able to:

- Serve from both service boxes.
- Be able to hit the ball to at least the service box (consistently)

The group meets 2-3 times per week for 30 minutes.

### **SINGLE DOT (SILVER) - Intermediate**

Intensity increased; variety of skill development introduced. Racket preparation and control is essential.

More in depth rules of the game is introduced. Participants must know the difference between lets/stroke and be able to call for their lets safely.

The Silver group is intended for players who have developed the necessary skills to hit the ball consistently to allow for rallying and condition games. Coaches will provide them opportunities to participate at a challenging and competitive level.

The group meets 3-4 times per week for 45 minutes.

### **DOUBLE DOT (GOLD/PLATINUM) – Advanced/Junior National representative level**

Gold/Platinum squad meets 4- 5 times per week for 1 hour.

During this phase, players are introduced to advanced training methods and have the opportunity to compete in Local and International events to help foster a fun and competitive environment.

Match strategy, movement and technique are reinforced and built on. Players should capitalize on what they have learnt as they are introduced to the latest and most advanced skills and drills as game strategy is refined.

We strongly encourage this group to participate in hosted tournaments/ events and the Clubs boxed League