

BALLARAT REGIONAL TENNIS CENTRE

5338 1459



“HOT SHOTS”



“COME AND PLAY”

INFORMATION

FOR HOT SHOTS COACHING &
HOT SHOTS CHALLENGE DAY

CONTACT PETER JOYCE

0417 382 865

“HOT SHOTS TENNIS” COACHING PROGRAM

The coaching program is activity based, utilises a holistic approach to learning and is designed to:

- “learn to play” with a variety of games, rules and modified activities
- maximise student participation and enjoyment
- develop fundamental motor skills and movement skills in tennis
- expose students to a variety of tennis playing situations that require communication, cooperation, perception and decision-making



APPROVED MLC TENNIS HOT SHOTS DELIVERER

“BRTC is a deliverer of the MLC Tennis Hot Shots, which is the only nationally recognised grassroots participation program that is endorsed by Tennis Australia for children aged 10 & under ”

“COME AND PLAY” 

The Ballarat Regional Tennis Centre Hot Shots Tennis Program is the fun way for kids to step into the wonderful world of tennis.

From the first moment players participate in the program, they will ‘play the game’ of tennis. Smaller courts, nets, racquets and low-compression balls make learning easy and give younger players the chance to serve, rally and score right from the first time they play.

Children progress through three developmental stages that graduate to playing on a full-size court. The Hot Shots Coaching Sessions are complimented by the Hot Shots Challenges Day’s (informal competition). Players can then move confidently to Junior Coaching and Junior Competition

“The Learning to Play Pathway”

Please note: Ages are only a guide and often overlap.

Pupils progress through stages as the skills become competent at that level

Explore (5 – 7 years)

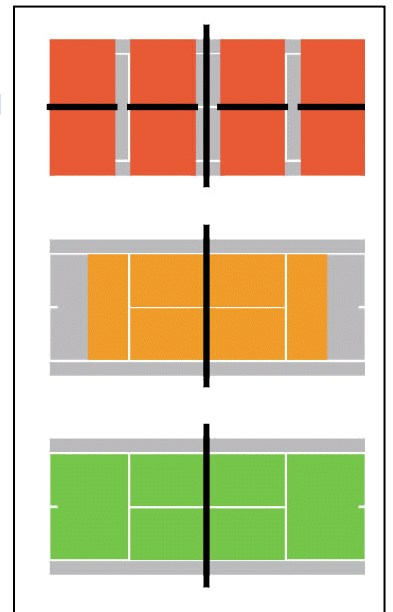
This stage of “playing the game” is on a smaller red court (2 sizes of mini-nets), using a smaller racquet and softer balls (red ball). Players develop fundamental motor skills, as well as acquiring different forms of rallying and basic tennis technique.

Encourage (7 – 9 years)

Basic loco motor skills are refined at this stage, as players use a modified ball still (orange ball), but play on a 3/4 court. Players are able to rally the ball with more consistency and spin, develop the serve and return and use the volley as they progress through this stage.

Development (8 – 10 & under years)

Technical, tactical, physical & psychological competencies are all developed in this stage. Lessons are on a full size court and use the 75% compression ball (green ball)



Peter Joyce, Tennis Australia High Performance Coach

Peter is the Head of the MLC Tennis Hot Shots Program at the Ballarat Regional Tennis Centre

Peter has extensive experience, was the TCAV Coach of the Year 2000, a past international circuit player & coach of Australian ranked juniors and international ranked players.

He has also been very involved with the development of specific programs for the Hot Shots group and has trained many coaches as a Tennis Australia Learning Facilitator.

Further information Contact 0417382865

Hot Shots Coaching

Term Fee applies [click here for enrolment](#)

All three stages are available in groups at the following timeslots for Term 4, 2011

Monday 4:00 - 4:45 pm

Monday 4:45 - 5:30pm

Wednesday 4:00 - 4:45 pm

Wednesday 4:45 - 5:30pm

Hot Shots Challenge Day

AN EXCITING NEW FORMAT

The fun and informal structure of the “Hot Shots Challenge Day” allows players 7 -10 years to play at their level.

All players serve, rally and score in an exciting and different competition format.

The Hot Shots Challenge Day is available for any player. (HSCD Term fee applies)

If coaching pupils are interested in the HSCD they can attend on the same day or could choose the alternative day (Coaching Pupil: fee for HSCD is discounted and included in Term Fee)

Times Available Term 4, 2011

Monday 5:00 - 6:00 pm & Wednesday 5:00 - 6:00 pm

Wednesday 4:00 - 5:00 pm (available when other timeslots filled)

Sessions are fully supervised

Please note these sessions are not coaching lessons (general tips will be given)

Most coaching pupils ask “When can we play matches?” Most kids love to play and compete.

Often they are not ready for “regular” competition, can lose enthusiasm and quickly become frustrated

There are only two principles to consider when looking at competition structure; **FEAR** and **FAIR!**

- ☺ Fear means that a child is afraid of what will happen if the outcome is not positive.
- ☺ Fair means that the child must have the opportunity to play with friends and with players who are of the same standard as themselves and finally to have an opportunity of winning or succeeding.

HOT SHOTS CHALLENGE DAY

- ☺ Is about **FUN, FRIENDS** and **FITNESS**
- ☺ The Challenge Days are about providing a supportive environment for play through a competitive team event structure:
- ☺ The “learn to play” pathway and a variety of formats provide for all competitive orientations and encourage player’s progression.
- ☺ The formats provide many tactical challenges with modified scoring and rules.
- ☺ Players may become more competitive as they gain confidence and skills improve.

Competition is being able to play and having a chance to succeed. If you have no chance to succeed then this is not competition this is just a bad experience.