



## **ADULT COACHING AT REDHILL LAWN TENNIS CLUB**

Boom Tennis adult coaching programme is split into 3 sections of player. A beginner is someone who wants to learn technique, tactics and start on their playing journey. A club player is someone who can already play in club sessions and these sessions look more at tactical intentions and game situations. A team player can compete and wants to understand how to execute winning doubles play.

You select the group that best suits you or ask a coach for a playing standard test which takes about 10 minutes then we put you into a whatsapp group with the other players of your level. Every Monday we put out a message asking you to book the session you want that week and it's first come first served with a maximum of 8 players to 1 coach. The cost for a session is £10 which is payable to the coach and each group lasts 90 minutes. All players must be a member after the 3rd session.

### **SESSION TIMES**

#### **Beginners -**

Tuesday morning at 9:30 and Saturday afternoons at 1pm

#### **Club players -**

Monday at 7:30pm, Wednesday at 9:30am & Wednesday at 7:00pm

#### **Team players -**

Thursdays at 7:30pm

Join the adult coaching programme or request a playing standard test by 'whatsapping' a message to Boom Tennis on 07950 802 770

