

JUNIOR TENNIS

AUTUMN TERM 2026



ST GEORGE'S HILL
LAWN TENNIS CLUB

JUNIOR COACHING PROGRAMME

Commencing – Monday 7th September to Sunday 20th December 2026
(No Coaching Groups - Monday 19th October to Sunday 1st November 2026)

Session	Day	Time	No of Sessions	Price
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MINI TENNIS TOTS (3 & 4 year olds) - INDOORS

Mini Tennis Tots	Monday	4:00-4:30pm	13	£143
Mini Tennis Tots	Wednesday	4:00-4:30pm	13	£143
Mini Tennis Tots	Sunday	8:30-9:00am	13	£143

MINI TENNIS RED (8 & Under) – INDOORS

Mini Tennis Red	Monday	4:30-5:30pm	13	£221
Mini Tennis Red	Tuesday	4:30-5:30pm	13	£221
Mini Tennis Red	Wednesday	4:30-5:30pm	13	£221
Mini Tennis Red	Sunday	9:00-10:00am	13	£221

MINI TENNIS ORANGE (9 & Under) – OUTDOORS

Mini Tennis Orange	Tuesday	5:30-6:30pm	13	£221
Mini Tennis Orange	Wednesday	5:30-6:30pm	13	£221
Mini Tennis Orange	Sunday	10:00-11:00am	13	£221

MINI TENNIS GREEN (10 & Under) – OUTDOORS

Mini Tennis Green	Tuesday	5:30-6:30pm	13	£221
Mini Tennis Green	Saturday	11:00am-12:00pm	13	£221

JUNIOR TENNIS YELLOW (11 & Over) – OUTDOORS

Junior Tennis Yellow	Monday	5:30-7:00pm	13	£331.50
Junior Tennis Yellow	Friday	6:00-7:30pm	13	£331.50
Junior Tennis Yellow	Saturday	12:00-1:00pm	13	£221
Junior Tennis Yellow – Girls Only	Sunday	12:00-1:00pm	13	£221

JUNIOR TENNIS PERFORMANCE (INVITE ONLY) – INDOORS

Junior Tennis Yellow (13-16 year olds)	Monday	5:30-7:00pm	13	£331.50
Junior Tennis Green & Yellow (10-12 year olds)	Tuesday	4:30-5:30pm	13	£221
Junior Tennis Orange & Green (9-10 year olds)	Wednesday	4:30-5:30pm	13	£221
Junior Tennis Orange & Green (9-10 year olds)	Saturday	9:00-10:00am	13	£221

*Please refer to our detailed Junior coaching programme booklet, regarding session descriptions.
To book a session, please download our SGH Academy App.*

TENNIS AGE GROUPS

JANUARY – DECEMBER 2026

Age Group	For players born in....
8U (Red)	2018 or later
9U (Orange)	2017 or 2018
10U (Green)	2016 or 2017
11U	2015 or 2016
12U	2014 or 2015
14U	2012 – 2015
16U	2010 – 2015
18U	2008 - 2015



JUNIOR TENNIS COACHING PROGRAMME

at St George's Hill Lawn Tennis Club



ST GEORGE'S HILL
LAWN TENNIS CLUB

Junior tennis is proudly
sponsored by Meadows & Co

TENNIS PROGRAMME OVERVIEW

Each session is built around the following fundamentals based upon the LTA Youth Tennis Programme and will include:

Warm up.
Body and ball drills.
Racket and ball drills.
Competition/games.

Tots tennis 3 & 4 year olds:

This introduction to tennis focuses on building strong foundations. Through fun, active games, kids will develop balance, agility, and hand-eye coordination while exploring the basics of the sport. It's not about winning - it's about learning new skills and having a blast.

Red Ball 8u:

Get ready to see rallies, volleys, and overarm serves. At this stage, kids will continue to improve speed, coordination, and reaction time. Relaxed, friendly competition is introduced to help develop confidence and teamwork. Played across the court with foam balls and mini net.

Orange Ball 9u:

This is where strategy comes in. Kids will explore tactics, problem-solving, and sportsmanship. They'll sharpen their match play skills while developing leadership qualities that benefit them on and off the court. Played on the full size court with lower net and shortened court with orange low compression orange balls.

Green Ball 10u:

Stepping up to a full-size court and full height with green low compression balls, kids will refine their skills and techniques while learning to handle more competitive situations. These sessions help them grow their game and master the mental side of sports.

Yellow Ball 11+:

With regular yellow balls on regulation courts, just like the pros. Here, kids continue exploring different styles of play. They'll focus on developing a game that's uniquely theirs while building confidence and resilience.

The performance sessions are built on the very same principles with sessions adjusted for the age and stage of the players.

Why this programme works:

Age-Appropriate: Tailored equipment, courts, and activities that match developmental stages.

Fun-First Approach: Games and group activities keep kids engaged and excited.

Progressive Learning: Clear pathways ensure steady skill development without overwhelming young players.

Holistic Development: Combines physical, technical, and social growth to create well-rounded athletes.

Evaluation and Progression:

Assessment: Coaches evaluate players every 4–6 weeks based on skill benchmarks (e.g., rallying ability, stroke consistency). Players put into level based groups within the sessions.

Feedback: Parents provided with coach contact details for open communication line for player and session updates.

Progression: Players move to the next stage when they meet skill criteria, ensuring readiness without rushing development, at the discretion of the coaching team.

TOTS TENNIS

3 & 4 YEAR OLDS



- Develop basic motor skills (running, jumping, throwing, catching).
- Introduce tennis-specific skills (racket grip, ball control, basic swings) with early emphasis on hitting.
- Sessions promote social skills like teamwork, listening, and taking turns.
- Each session to include:
 - Warm-Up: Fun movement games to get kids active.
 - Skill Development: with the body and ball and the racket and the ball.
 - Game/Activity: Apply skills learned in a fun, game based situations.

Week 1: Introduction to Tennis.

Week 2: Bouncing and Rolling the Ball, using both sides of the body.

Week 3: Developing the Forehand.

Week 4: Forehand Hitting Practice.

Week 5: Throwing and Catching, Sending and Receiving Skills.

Week 6: Developing the Backhand.

Week 7: Backhand Hitting Practice.

Week 8: Combining Forehand and Backhand.

Week 9: Rallying.

Week 10: Serving, Sending and Receiving Skills.

Week 11: Combining all Skills.

Week 12/13: End of Term Fun competition.



RED BALL 8U



Week 1: Introduction to Tennis and Tennis Movement

Objective: Familiarise players with the court, equipment, and basic movement.

Week 2: Hand-Eye Coordination and Ball Control

Objective: Develop hand-eye coordination and basic ball control with both sides of the body.

Week 3: Develop Groundstrokes Forehand Focus

Objective: Introduce forehand groundstroke technique and movement.

Week 4: Develop Groundstrokes Backhand Focus

Objective: Introduce backhand groundstroke and reinforce movement.

Week 5: Serving Basics and Development

Objective: Develop both overarm and underarm serving and court positioning.

Week 6: Rallying Skills, Shot Direction and Recovery

Objective: Introduce rallying by combining groundstrokes and movement.

Week 7: Volley Introduction and Development

Objective: Introduce basic volley technique and positioning.

Week 8: Combining Serve, Movement and Rally

Objective: Link serving with rallying for game-like situations.

Week 9: Introducing Tie Break Scoring

Objective: player to self score in mini tennis games.

Week 10: Volley and Rally Combination

Objective: Combine volleys and groundstrokes in rallies in match play.

Week 11: Serve, Movement and Rally

Objective: Play structured mini tennis matches with changing rules.

Week 12/13: End of Term Fun Games and Competitions



ORANGE BALL 9U



Week 1: Court Awareness and Movement

Objective: Familiarise players with the orange ball court and introduce movement skills.

Week 2: Developing Forehand and Backhand

Objective: Improve groundstroke technique .

Week 3: Serving Fundamentals

Objective: Develop overhand serving technique and accuracy.

Week 4: Rallying Skills

Objective: Build ability to sustain rallies with groundstrokes.

Week 5: Volley Technique

Objective: Introduce volleys and net play.

Week 6: Combining Serve and Rally

Objective: Link serving with rallying for game-like scenarios.

Week 7: Scoring and Rules

Objective: Introduce Orange ball scoring and basic match rules.

Week 8: Volley and Groundstroke Integration

Objective: Combine volleys and groundstrokes in rallies.

Week 9: Tactical Awareness

Objective: Introduce basic tactics.

Week 10: Doubles Introduction

Objective: Introduce doubles play, teamwork and positioning.

Week 11: Competitive Match Play

Objective: Apply skills in structured orange ball matches.

Week 12/13: End of Term Fun Tournament.



GREEN BALL 10U



Week 1: Court Awareness and Movement on Full Court

Objective: Adapt to the full-size court and enhance movement skills.

Week 2: Groundstroke Consistency

Objective: Refine forehand and backhand for consistency and control.

Week 3: Developing Serving

Objective: Improve serve technique and accuracy.

Week 4: Rallying for Consistency

Objective: Build longer rallies with controlled groundstrokes.

Week 6: Serve and Rally Integration

Objective: Combine serving and rallying for game-like play.

Week 7: Scoring and Match Rules

Objective: Learn tennis scoring and basic match play rules.

Week 8: Tactical Play

Objective: Introduce tactics like hitting to open spaces and varying shot direction.

Week 9: Doubles Play and Teamwork

Objective: Develop doubles skills, teamwork and positioning.

Week 10: Spin Week

Objective: Introduce Various spins to enhance ball control.

Week 11: Competitive Match Play

Objective: Apply skills in competitive singles and doubles matches.

Week 12/13: Fun Tournament and Skill Celebration

Objective: Celebrate progress with a tournament and skill showcase.



YELLOW BALL

11+



Week 1: Full Court Adaptation and Movement.

Objective: Adapt to yellow ball pace and court space and refine court movement.

Week 2: Groundstroke Technique and Consistency.

Objective: Develop forehand and backhand.

Week 3: Develop Serving Technique.

Objective: Develop technically sound serve.

Week 4: Consistency with Rallying

Objective: Build long rallies with control and directional changes.

Week 5: Volley and Net Play

Objective: Enhance volley skills and court position.

Week 6: Serve, Return and Groundstroke Integration

Objective: Link serves and returns with groundstrokes for game based situations.

Week 7: Scoring and Match Play Rules

Objective: Fully standard scoring and match play etiquette.

Week 8: Tactical Development

Objective: Develop tactical awareness for shot selection and court positioning.

Week 9: Doubles Strategy and Teamwork

Objective: Doubles positioning and communication.

Week 10: Spin and Shot Variety

Objective: Introduce various spins, for shot variety.

Week 11: Competitive Match Play

Objective: Apply all skills in singles and doubles matches.

Week 12/13: End of Term Competition, Tournament





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