

Juniors Progression Pathway

Parents often ask about their child's development/progression.

The following is a very simple synopsis of a young tennis players' progression pathway to illustrate what would be required to progress through various levels of play.

In general, all the coaching sessions that a child attends will help improve their agility, balance, co-ordination and speed, along with their tracking (sending and receiving) skills which will be transferable for all ball sports.

In more detail, if a child is:

- Playing for participation and enjoyment – one group lesson a week should be sufficient.
- Looking to potentially compete within the club and enter the occasional external competition – two group lessons a week would be of benefit.
- Looking to regularly compete outside of the club and/or represent the club – three group lessons per week and/or one-to-one sessions.

The child's achievements should be driven by them and not by their parents.

The most important part of a child's tennis journey is that they are having fun and enjoying tennis and at Avondale we aim to make a child's lessons enjoyable which will hopefully enthuse them to want to play more regularly and/or at more competitive levels.

The Coaching Team