



# BEN OBONG TENNIS ACADEMY

## Red Sessions (4-9yrs)

Our Red sessions are for players 9yrs and under. It's played on a smaller court (approx. a quarter size of a full court). Smaller rackets and larger balls that bounce more slowly (75% of a slower than normal tennis ball), to give children more time.

This stage helps the players learn the correct technique in a fun environment.

## Orange Sessions (9-11yrs)

Sessions are played with slightly longer rackets than our red sessions and the ball they use is approx. 50% slower than the normal tennis ball. Again with the court being slightly shorter than a normal tennis court, this gives our players the right environment to learn the fundamentals and gain confidence to progress.

## Green Sessions (10-12yrs)

Sessions are played on a full size tennis court, with bigger rackets and balls which are a little softer than the normal yellow balls. This stage helps players to develop and improve all aspects of their game, ready to move onto the full yellow ball.

## Yellow Sessions (11+yrs)

Time to find your game. Playing on the same size court, playing with the same size balls the pros use, our juniors will continue to explore different styles on court and start to choose their own.

### Ability

Sessions that indicate Invitation or Advance, please check with myself before booking onto sessions

To book onto any of our sessions, please go to Ben's Clubspark page to reserve your place

Sessions will be took off the timetable if numbers are low

<https://clubspark.lta.org.uk/BenjaminObongCoaching/Coaching/Junior>

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# JUNIORS

Junior Timetable	Time	Session	Age	Ability
Tuesday	4:30-6pm	Yellow Squad	11+yrs	Invitation
Thursday	4-5pm	Orange/Green	7-12yrs	Team Training
Thursday	5-6pm	12&Under Squad	9-12yrs	Team Training
Friday	4-5pm	Red	4-9yrs	Mixed
Friday	5-6pm	Orange/Green	9-12yrs	Mixed
Friday	6-7pm	Yellow B Squad	11+yrs	Mixed
Friday	7-8pm	Yellow A Squad	11+yrs	Advanced
Saturday	11-12pm	Red	4-9yrs	Mixed
Saturday	12-1pm	Orange/Green	9-12yrs	Mixed

Juniors need to become a member to take part in weekly sessions. To enquire about membership, you can visit...  
<http://www.aughtonlawntennisclub.co.uk/how-to-join/>