

# RG COACHING

## A Personal and Athletic Development Plan

30 minute sessions designed to establish and achieve goals in the lockdown period

<u>As a Person</u>	<u>As an Athlete</u>	<u>As a Tennis Player</u>
↓ Developing Base Habits (Mental toughness, goal and habit setting)	↓ Developing Base Movements (Strength, agility, coordination, balance and speed)	↓ Introducing and understanding footwork patterns and hitting on the move.

- **A preliminary 30 Minute Consultation call to establish goals and priority areas of improvement during this time.**
- **£15 per call which includes a post session breakdown.**
- **Pay for 4 and get your 5th call for free!**
- **A project aimed at motivated and committed young sports people between the ages of 8 and 21.**
- **This development session would not act as a replacement to an individual tennis lesson.**

**Contact Rob Gaunt for more Information**

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