



WELCOME TO WREXHAM TENNIS CENTRE

Under 10s Programme – Parents' Guide



Welcome to Wrexham Tennis Centre

Wrexham Tennis Centre is Wales' largest Community Indoor Tennis Centre run by individuals passionate about offering tennis opportunities for everyone. We share the excitement of tennis with everyone who loves the sport in North Wales by providing one of nation's most comprehensive and inclusive tennis programmes, including coaching, pay and play, and competition for players of all ages and abilities, from beginner to elite for all in the community.



INTRODUCTION

Welcome to the Parents' Guide to Wrexham Tennis Centre's Under 10 Programme.

We hope to provide some basic information, introducing you to the coaching team and our ethos. What mini tennis is, what to expect from the sessions and how to progress through the levels. We have also provided some information regarding competition and tournaments.

At Wrexham Tennis Centre, we believe in creating a positive and fun environment for children to learn and play tennis. Our coaching team is made up of experienced and enthusiastic coaches who are dedicated to helping your child learn and improve their skills.

Mini tennis is a great way for children to get started in tennis. It uses smaller courts, smaller rackets, and low compression balls, making it easier for children to learn the basics and develop their technique. Our sessions are designed to be engaging and interactive, with a focus on building confidence and having fun.

As your child progresses through the levels, they will have the opportunity to compete in tournaments and competitions. We encourage all children to participate, regardless of their skill level, as it is a great way to develop their game and meet new friends.

We hope that this guide is helpful in providing you with an overview of our Under 10 Programme. If you have any questions or would like to learn more, please don't hesitate to speak to one of our coaches.

Thank you for choosing Wrexham Tennis Centre as your child's tennis club.



COACHING TEAM

At Wrexham Tennis Centre, we pride ourselves on having a professional team of coaches and support staff. All coaches have LTA Coach Accreditation demonstrating that they achieve a number of prerequisites that show that our team are committed to their profession and safe to practice. Every coach will have the following:

- A valid coach qualification
- A valid first aid certificate
- Attended training in LTA Safeguarding and Protection in Tennis within the last 3 years.
- A valid DBS
- Accredited +



Aimée Kaye



Craig Sailsbury



Cameron Upton



Joe Crocombe



Taylor Webb



Vicki Broadbent



Leah Mcdaniel



Gruff Jones



Lottie Ainge



Lacie Morgan



MEET THE COACHES

Ethos

Our primary concern at Wrexham Tennis Centre is to give each young player the best possible chance at reaching his or her potential at whatever level that may be. We aim to use the most up to date coaching methods to create the best environment to learn and develop, focusing on playing the game of tennis as soon as possible.

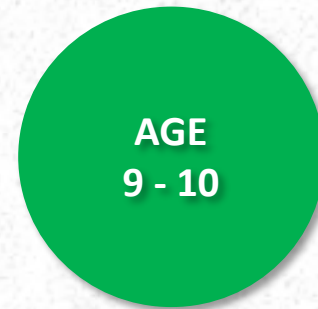
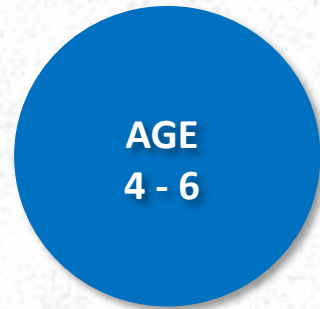
What Makes a Wrexham Tennis Player?

When developing a Wrexham Tennis Player, we are building a robust, competitive player, always looking to chase balls down and making their opponent play another shot. Always looking for the opportunity to play to their own strengths and take the game to them, exposing opponents' weaknesses.

WHAT IS MINI TENNIS?

Mini Tennis is a great introduction to the sport for young children between 4 and 10 years old. It's just like the real thing, but with smaller courts, nets and rackets and lower-bouncing balls.

There are four levels of Mini Tennis; Blue, Red, Orange and Green, each with their own court size and type of ball. This tailored approach, based on age and physical maturity enables players to develop vital skills and techniques at an early age.



Mini Tennis is not only an enjoyable way to get active, but it also helps children develop hand-eye coordination, balance, agility and speed. As they progress through the different levels of Mini Tennis, they will also learn how to work on their footwork, positioning and tactics, which will set them up for success in the sport if they choose to continue playing in the future.

One of the great things about Mini Tennis is that it can be played both indoors and outdoors, making it a versatile sport that can be enjoyed all year round. It's also a great way for children to socialize and make new friends, as they can play in groups or pairs.

So if you're looking for a fun and engaging sport for your child to try, Mini Tennis is definitely worth playing. Who knows, they may even become the next big tennis star!





WHAT TO EXPECT WEEK TO WEEK

Every session will be held by one of our professional coaches and will be fun, energetic and enthusiastic.

Warm up

We will work on the ABCs (Agility, Balance and Co-ordination), with tennis specific skills and movement.

Game based situation

Coaches will take players through a progressed or regressed version of the game (this could be using balloons, floor tennis or racket and ball)

Specific skills

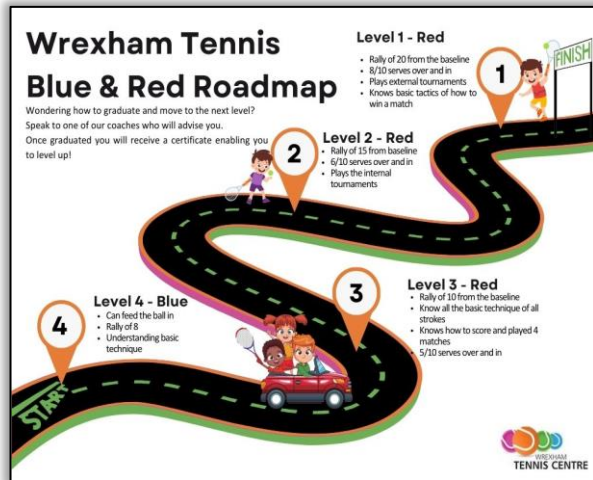
Teaching technical tennis skills such as forehands, backhands, serves etc

Teaching tactical intentions such as winning with consistency, identifying space etc.

Game based evaluation

Implementing the specific skills taught into a game.

ROADMAP



Please see next pages for roadmaps

and fun, the 'test' will be informal and as if it's part of the session, hopefully making everyone feel comfortable and at ease (although a challenge can be healthy done in the right way building mental resilience). Each child will have a few opportunities to achieve the targets and ultimately, if the coach feels that your child has the skill sets and generally plays to the level required (but maybe hasn't performed on the day) the coach has the final decision whether your child moves up to the next level. Our aim is to ensure that every child is challenged appropriately within their level.

As your child improves and moves through the levels, more advanced performance factors (ie mental, physical, tactical and technical) will be introduced making the sessions increasingly challenging and looking more and more like the game of tennis.

At Wrexham Tennis Centre, we have a roadmap for our Under 10s programme so players can progress through the levels with set skills they need to achieve before moving up.

After the first 12 weeks players will be assessed and if they achieve the targets set, they will move up a level and receive a certificate, medal and photograph (although if our coaches feel that a player is showing potential to move up before the assessment week, they can test a player early).

Don't worry if your child does not achieve perfect scores on the day – we know everyone can get nervous when they have a test! – the session will still be active

Wrexham Tennis

Blue & Red Roadmap

Wondering how to graduate and move to the next level?

Speak to one of our coaches who will advise you.

Once graduated you will receive a certificate enabling you to level up!

Level 1 - Red

- Rally of 20 from the baseline (forehand and backhand)
- 8/10 serves over and in
- Plays external tournaments
- Knows basic tactics of how to win a match

1



Level 2 - Red

- Rally of 15 from baseline (forehand and backhand)
- 6/10 serves over and in
- Plays the internal tournaments

2



3

Level 3 - Red

- Rally of 10 from the baseline (forehand and backhand)
- Know all the basic technique of all strokes
- Knows how to score and played 4 matches
- 5/10 serves over and in

Level 4 - Blue

- Can feed the ball in
- Rally of 8
- Understanding basic technique

4



START

Wrexham Tennis Orange Roadmap

Wondering how to graduate and move to the next level?

Speak to one of our coaches who will advise you.

Once graduated you will receive a certificate enabling you to level up!

Level 1 - Orange

- Rally of 20 from the baseline (forehand and backhand)
- 8/10 serves over and in
- Plays external tournaments
- Knows basic tactics of how to win a match

1

Level 2 - Orange

- Rally of 15 from baseline (forehand and backhand)
- 6/10 serves over and in
- Plays the internal tournaments

2

Level 3 - Orange

- Rally of 10 from the baseline (forehand and backhand)
- Know all the basic technique of all strokes
- Knows how to score and played 4 matches
- 5/10 serves over and in

3

START

FINISH

Wrexham Tennis Green Roadmap

Wondering how to graduate and move to the next level?

Speak to one of our coaches who will advise you.

Once graduated you will receive a certificate enabling you to level up!

Level 1 - Green

- Rally of 20 from the baseline (forehand and backhand)
- 8/10 serves over and in
- Plays external tournaments
- Knows basic tactics of how to win a match

1

Level 2 - Green

- Rally of 15 from baseline (forehand and backhand)
- 6/10 serves over and in
- Plays the internal tournaments

2

Level 3 - Green

- Rally of 10 from the baseline (forehand and backhand)
- Know all the basic technique of all strokes
- Knows how to score and played 4 matches
- 5/10 serves over and in

3

START

FINISH

COMPETITION

Our aim at Wrexham Tennis Centre is to get players playing the game of tennis as soon as possible even if this is a regressed version of the game to start with (eg floor tennis)

We believe that it is important to introduce players to competition in a fun friendly environment as early as possible to build resilience and confidence while having fun.

On week 6 of the programme, we will focus on matchplay – playing full, friendly, competitive games – learning to score, good sportsmanship and putting their skills to the test.

Players can also enter our monthly internal tournament with prizes to be won and an opportunity to play other players from the centre and North Wales (please ask at reception for details of upcoming dates)



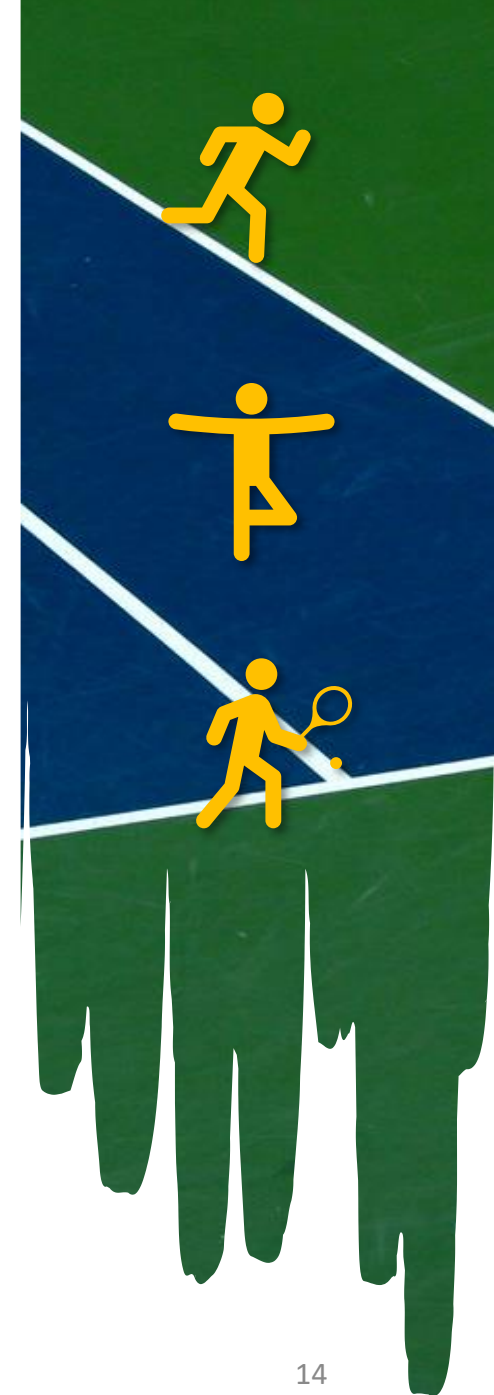
Junior LTA Advantage Account & Number

The Lawn tennis Association (LTA) offers a Free Junior LTA Advantage account where members can enjoy exclusive content and benefits including entry into the Wimbledon ticket ballot. Your child will be allocated a unique LTA advantage number.

We encourage all of our players to apply for this (but it is only mandatory if your child wants to compete in any official competitions.)

To create this account for your child please go to the LTA website to register them. Please note this account should be for your child's details.

Please scan the QR code to take you straight to the application form





Ready For The Next Level?

If you feel that your child is showing potential and has a love for tennis, we offer an Under 10s Development Programme at Wrexham called Future Stars which runs alongside the Under 10s Programme.

The Future Stars programme is designed to provide young tennis players with the opportunity to develop their skills and reach their full potential. With a focus on technical development, tactical awareness and physical conditioning, participants will receive expert coaching from experienced professionals.

To be eligible, Future Stars players need to attain a certain skill level, commit to a minimum number of training hours per week and be willing to compete on a regular basis.

Through hard work, dedication and a passion for the sport, our aim for Future Stars players is to be able to compete on a regional or national level.

If you would like any further information or would like to arrange a trial, please contact Craig Salisbury on 07753332557.

THANK YOU

I hope this gives you an insight into the development methods implemented at Wrexham Tennis Centre and the general framework we work to, to create the best environment to develop, encourage and enthuse our young players, giving them the best opportunities to reach their goals.

Thanks, Craig

Craig Salisbury

Level 4 Performance Coach Under 10s Lead

