

**SOUTH GIPPSLAND**



**TENNIS COACHING**



**10 & UNDER**

# High Performance

**Weekly plan**

## SQUAD

1-2 Weekly Squad Sessions

## MATCH PLAY

Matches per age  
E.g. 8 years old = 8 matches / week

## PRIVATE

1 X 30 Minute 1:1 session

*Goal setting & player profile  
On and off court programs to follow  
Hitting sessions with older SGTC high performance players*

**\$100+ WEEK VALUE**

FIRST 10 REGISTERED RECEIVE THIS PACKAGE FOR

**\$60 / WEEK**

*For the remainder of term 1*