green squad

Allows for game strategies in all situations through tactical and drills based training for players in fixtures wanting to improve...

- Shot Selection
- Training habits
- Planning strategies prior to each match.
- Pre and Post match drills
- Footwork and fitness drills
- Tournament preparation
- 1 hour program
- Average 4 pupils per court
- 10 week term

To participate in these squads, you must be playing fixtures at a Hotshots Green level.

private lessons

One on one lessons

A good option for talented juniors wanting to fast track their tennis development and reach their full potential. One on one individualized attention is the most effective way to improve your technical development as a player.

Having 2 or 3 private lessons is highly recommended for anyone learning tennis for the first time. This allows the coach to teach you the basics so you can join into a group lesson with people of a similar age and not feel like a complete beginner.

Semi private lessons

Great option for someone who wants more personalized attention without the price tag of a private lesson. Max of 2 pupils per lesson. This is ideal for people wanting to have a lesson with their friends or siblings of a similar ability.

3 or 4 person private lessons

A great option for fixture teams to train with your team mates so you get to know each others game even better and work on both tactical and technical aspects of your game. Smaller ratio than a group lesson without the cost of a private lesson. Min of 1 hour per lesson.

green fixtures

(competition play)

- Suitable for Mini Tennis Green pupils who have progressed through the Orange level.
- 1 hour program
- Approx 4 pupils per court
- Fully supervised by a trained fixtures supervisor
- Players continue to improve their umpiring & ball person skills & court etiquette.
- Singles play is introduced (1 singles and 1 doubles is played most weeks)
- Emphasis is still on court etiquette with a weekly best and fairest prize awarded.
- 6 month season
- Weekly scores are tallied over the season with a quarter finals, semi finals and finals in the last 2 weeks of the season.

the centre

The Griffith University Tennis Centre is a world-class centre at Mount Gravatt, offering a vibrant and welcoming environment that is supported by professional and experienced staff. Court hire, coaching clinics, a licensed café, fixtures and tournaments are all available to the public.

The Centre is easily accessible by the Busway (it’s just a short walk from the Griffith University station) and is only 13 minutes away from Brisbane’s CBD.
Tiny Tennis is perfect for young children new to tennis. The play-based program involves a parent/care giver in the sessions which focus on skill development through a fun and engaging program of games, drills and team activities.

coaching inclusions
- 30 minute classes; 10 week coaching term
- All equipment provided
- Excellent for gross motor skills and hand eye coordination
- Prepares children for future sporting pursuits
- Increases children's confidence and improves social skills

Mini tennis red (Stage Quickstart) 6 - 7 years
- 1/2 hour class
- Average 4 pupils per coach
- Free 23 inch racquet for new pupils
- Modified equipment used (1/4 court, mini nets, soft balls)
- Help kids progress from the 1/4 court to 3/4 court easily
- Allows them to progress into Mini Tennis Orange with greater success
- 10 week coaching term
- Usually takes 6 months to complete.

Mini tennis orange (Stage 3, 2 & 1) 5 - 7 years
- By learning the basics on the red 1/4 court, children will master new skills and learn how to move around the court. The small racquets allow consistent contact with the red ball assisting the development of proper technique.
- Children will learn to:
  - perform a circular swing and a consistent contact point on groundstrokes
  - perform a rhythmic service motion
  - rally with a partner on half a doubles court using forehands and backhands
  - hit the ball with purpose, changing the speed, height, spin and direction to move an opponent in a rally situation
  - identify strengths and weaknesses in their own and their opponent's game
  - perform a volley and overhead
  - understand fair play and demonstrate this when playing.

coaching inclusions
Mini tennis orange (Stage 3, 2, & 1)
- Progression from Hotshots Red program
- 1 hour class
- Average 8 pupils per coach
- 3/4 court
- Free 23 inch racquet for all new pupils
- Modified Orange Balls fly slower through the air and bounce in the hitting zone of the child. This fast tracks their stroke development and allows them to have longer rallies and hit more tennis balls.
- Focus is on preparing the children to be capable of playing Hotshots Orange Fixtures.
- Sticker Reward booklets track progression of each pupil.
- 10 week coaching term

orange squad
To participate, you must be playing fixtures at a Hotshots Orange level. This is practical and drill based training for players wanting to learn...
- what shots to hit in match conditions
- good training habits
- game plans
- tennis warm up drills before a match
- tennis specific footwork and fitness
- how to prepare for tournaments
- 1 hour program
- Average 4 pupils per court
- 10 week term

orange fixtures
- Suitable for Mini Tennis Orange Level 2 & 1 pupils who have passed their fixtures tests.
- 1.15 hour program
- Average 6 pupils per court
- Fully supervised by a trained fixtures supervisor
- Players learn how to umpire, ball person, where to stand & move on the court, shake hands at end of match etc.
- All doubles format helps the kids learn to work together and share the win or loss.
- Emphasis on learning court etiquette with a weekly best and fairest prize awarded.
- 6 month season
- Weekly scores are tallied over the season with a quarter finals, semi finals and finals in the last 2 weeks of the season.

coaching inclusions
Mini Green Tennis
- 10 week coaching term
- Progression from Mini Tennis Orange
- 1 hour class
- Average 8 pupils per coach
- Full sized court
- Free racquet for all new pupils
- Modified Green Balls are used that fly slower through the air and bounce in the hitting zone of the child. This fast tracks their stroke development and allows them to have longer rallies and hit more tennis balls.
- Focus is on preparing the children to be capable of playing Hotshots Green Fixtures.
- Sticker Reward booklets track progression of each pupil.