



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

TuksTennis

Super Group Junior Programme

(age 11—13)

The TuksTennis Super Group Junior Programme focuses on principles of Learning to Train.

FUN and ENJOYMENT are still key in the area of development but more emphasis is placed on technical and tactical aspects.

Age Group	Training Day	Training Time	Compulsory Membership	Fees
Super Group (age 11—13)	Tues & Thu	14:30 — 16:00	R 350.00	R 440.00/month (for 1 x session/week)

VENUE: TuksTennis Courts, UP Sports Campus, South Street

The TuksTennis Club offers the Super Group Junior Programme to assist children to focus on the Learn to Train principles of tennis:

- Agility, Balance, Coordination
- Development of ball control
- Quality practices
- 5 match situation
- Supervised match play
- Speed & reaction
- Live ball drills

For more information contact:

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TuksTennis

www.up.ac.za/tukssport