



## Junior Coaching Programme

### Development and Performance

Day	Time	Group	Age	Dev/Perf
Monday	4.30pm – 5.30pm	Mini Red	8 and Under	Dev
Tuesday	4.00pm – 5.00pm	Mini Red/Orange	9 and Under	Dev
Tuesday	5.00pm – 6.00pm	Mini Orange	9 and Under	Dev
Tuesday	4.30pm – 5.30pm	U18	12 – 18yrs old	Perf
Wednesday	4.00pm – 5.00pm	Mini Red/Orange/Green	10 and Under	Dev
Wednesday	5.00pm – 6.00pm	Mini Red/Orange/Green	10 and Under	Perf
Wednesday	5.00pm – 6.00pm	U14	10 – 14 yrs old	Dev
Wednesday	5.00pm – 6.00pm	U14	10 - 14 yrs old	Perf
Wednesday	6.00pm – 7.00pm	U18	14 – 18 yrs old	Dev
Thursday	4.00pm – 5.00pm	Mini Red/Orange	9 and Under	Dev/Perf
Thursday	5.00pm – 6.00pm	Mini Orange/Green	10 and Under	Dev
Thursday	5.00pm – 6.00pm	U18	12 – 18 yrs old	Dev
Friday	4.30pm – 5.30pm	Mini Green	10 and Under	Perf
Friday	5.00pm – 6.00pm	U18 Girls	12 – 18 yrs old	Dev
Saturday	9am – 10am	Mini Red/Orange	9 and Under	Dev
Saturday	10am – 11am	Mini Red/Orange	9 and Under	Dev

**Development sessions** – these sessions are for children playing once a week and are new to the game. The introductory sessions cover technical and tactical situations but with the emphasis on fun and team games with games based coaching.

**Performance sessions** – these sessions are for children playing more than 3 times a week including individual lessons. The structure of the session is more technical/tactical with the emphasis on developing the all round competitive game. Children would be expected to play in the club teams and enter external tournaments. Some sessions will be Matchplay based.

#### Cost

Development sessions = £7/hr for members, £9 for non-members

Performance sessions = £9/hr, £11 for non-members

**For further information, to book onto the coaching programme or to enquire about individual lessons please contact James Grindell (Head Coach) 07968058383/  
james.grindell@btinternet.com**