



**RACKETS
ACADEMY**

Junior Development Program *2024/2025*

**Venues: Motor City, Al Waha,
Al Barsha**

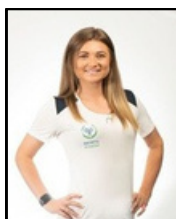
Our Junior Development Pathway is dedicated to serve players who are new to tennis, or who need to further develop their skills in order to move into other pathways, or aspire to be part of our Elite Program. Through a variety of game-based and cooperative activities, players will learn the fundamental skills needed to continue to progress as they gain additional experience.

Footwork & Movement Specialist

Each session at every level includes 15-30 min with our specialist movement Coach to put in place the fundamental footwork needed in Tennis.

Monthly Matchplay - Saturdays

Once a month per level at Taj Hotel, The Palm and Al Waha, including Pool and Beach Access for parents and siblings. 75 AED Per Player



Alana Casey

Head of Junior Development
LTA Level 1,2 & 3 - Coaching for 14 years in the UK, Australia and now Dubai. A degree in Sport Science and a passion for player development & sports psychology. Alana will be supported by a team of coaches.

Contact: register@racketsacademy.ae - www.racketsacademy.ae

Monday - Tuesday - Wednesday - Thursday - Sunday

Level	Time	Duration	Once a Week	Twice a Week	3 & 4 times a Week
Red	4.45-5.45pm	1hr	140	130	120
Orange	5.30-6.45pm	1hr 15 mins	170	160	150
Green	6.15-7.45pm	1hr 30 mins	190	180	170
Yellow	7.15-8.45pm	1hr 30 mins	190	180	170