




# JUNIOR PROGRAM

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- › NEW TO TENNIS
- › JUNIOR DEVELOPMENT
- › JUNIOR PERFORMANCE

 MOURATOGLOU  
TENNIS CENTER  
HUDAYRIYAT ISLAND



# OUR COACHING METHODOLOGY

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For the past 20 years, my vision has been the same. People want two things when they visit a Mouratoglou site : enjoy themselves and improve their game.

At Mouratoglou Tennis Academy, we provide and embrace the potential of each person, no matter their goal, ambition or level. At the end of the day, it always comes down to helping the players improve while also having the best experience with the best coaches.

All Mouratoglou Tennis Center Hudayriyat Island coaches have been trained and certified with the Mouratoglou Coaching Methodology & Philosophy. They have a mix of expertise in coaching children and adults, from beginners to advanced players, and speak multi languages.



**PATRICK MOURATOGLOU**





# CORE OF OUR PROGRAM

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## SKILL DEVELOPMENT

The goal is to provide a solid foundation and build well-rounded skill sets tailored to the players: technical and tactical abilities, agility, coordination skills and an overall understanding of the game.

## PARENT EDUCATION AND DEVELOPMENT

We recognize the importance of parental support and involvement. We reinforce this through resources, workshops and open communication. We aim to guide parents towards a better understanding of tennis, player development and healthy participation in their child's journey.

## SPORTSMANSHIP AND CHARACTER DEVELOPMENT

We emphasize the development of positive values and character traits. This includes promoting sportsmanship, fair play and respect for opponents. The program aims to instill important life skills such as discipline, perseverance, teamwork and self-confidence through tennis.

## PASSION FOR THE SPORT

Our approach is to push players to discover themselves and grow their passion for the sport, ultimately making tennis a long term journey across all ages and levels. The program aims to craft a positive and enjoyable experience for all.

## A STIMULATING ENVIRONMENT

An environment that allows the player to develop his/her skills, mental toughness, decision-making abilities, physical condition and their competitive spirit.

## SOCIAL INTERACTION AND FRIENDSHIPS

The objective is to create a supportive community where players can bond, collaborate and learn from one another.





# JUNIOR PROGRAM FRAMEWORK

## Performance Program

Under 6	Under 8	Under 10	Under 12 & 14	Under 16 & 18
4-6 yo	6-8 yo	8-10 yo	10-14 yo	14-18 yo
Red ball	Orange ball - 3/4 court	Green ball - full court	Yellow ball - full court	Yellow ball - full court
2 days/week / 1 hr group	2 days/week / 1.5 hr group	3 days/week / 2 hrs group	3 days/week / 2 hrs group	3 days/week / 2 hrs group
2 x 30mins fitness	2 x 30mins fitness	3 x 1 hr fitness	3 x 1 hr fitness	3x 1 hr fitness
1 x Private training 1hr (optional)	1 x Private training 1hr (advised)	2 x Private training 1.5hrs (advised)	2 x Private training 1.5hrs (advised)	2 x Private training 1.5hr (advised)

## National tournaments

## Development Program

Under 6	Under 8	Under 10	Under 12 & 14	Under 16 & 18
4-6 yo	6-8 yo	8-10 yo	10-14 yo	14-18 yo
Red ball	Orange ball - 3/4 court	Green ball - full court	Yellow ball - full court	Yellow ball - full court
2 days/week / 1 hr group	2 days/week / 1.5 hr group	2 days/week / 1.5 hr group	2 days/week / 1.5 hr group	2 days/week / 1.5 hr group
1 x Private training 1hr (optional)	1 x Private training 1hr (advised)	1 x Private training 1hr (advised)	1 x Private training 1hr (advised)	1 Private training 1h (advised)

## Sport for life + Local tournaments

## New to Tennis

Under 6	Under 8	Under 10	Under 12 & 14	Under 16 & 18
4-6 yo	6-8 yo	8-10 yo	10-14 yo	14-18 yo
Red ball	Orange ball - 3/4 court	Green ball - full court	Yellow ball - full court	Yellow ball - full court

## Starting your tennis journey + Joining the development program



# CHOOSE YOUR PROGRAM

**TERM 1: SEPTEMBER 1<sup>ST</sup> → DECEMBER 7<sup>TH</sup> (14 WEEKS)**

## NEW TO TENNIS

Start your tennis journey! Players will be introduced to the game of tennis in a fun and supportive environment. Participants will learn the fundamentals and be prepared to join our Junior Development program.

## JUNIOR DEVELOPMENT

Advance with our Junior Development program where players strengthen their technical and tactical fundamentals. Develop confidence to play, socialize, and compete. Players prepare themselves to take part in local club tournaments, enjoying a higher standard of tennis in a dynamic community.

- U6: **AED 4,480**
- U8 TO U18: **AED 6,720**

## JUNIOR PERFORMANCE

The gateway to high performance. This program provides the necessary structure, environment and intensity for players to maximize their potential by developing their physical, technical, tactical and mental abilities. Competitive group training, tennis specific fitness and one on one coaching will open the path for players to compete in national tournaments.

- U6: **AED 5,600**
- U8: **AED 7,840**
- U10 TO U18: **AED 16,590**

The Junior Program runs on a term basis and requires commitment for the full duration.

Junior Program Players benefit from exclusive private lessons rates:

- Single Lesson (1hr): **AED 390**
- Package of 10 (1hr): **AED 3700**





# CONTACT US

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