



**RACKETS
ACADEMY**

Dubai

Junior Development Program 2023/24

**Venue: Motor City, The Palm, Al Barsha
& Al Waha**

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 - Saturday 8-10.30am

Once a month per level at Taj Hotel, The Palm 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 13 years in the UK, Australia and 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 / jdp@racketsacademy.ae
www.racketsacademy.ae

Level	Time	Duration	Once a week	Twice a week	3 & 4 times a week
Red	4.45-5.45pm	1hr	130	120	110
Orange	5.30-6.45pm	1hr 15min	160	150	140
Green	6.15-7.45pm	1hr 30min	190	180	170