



RACKETS
ACADEMY

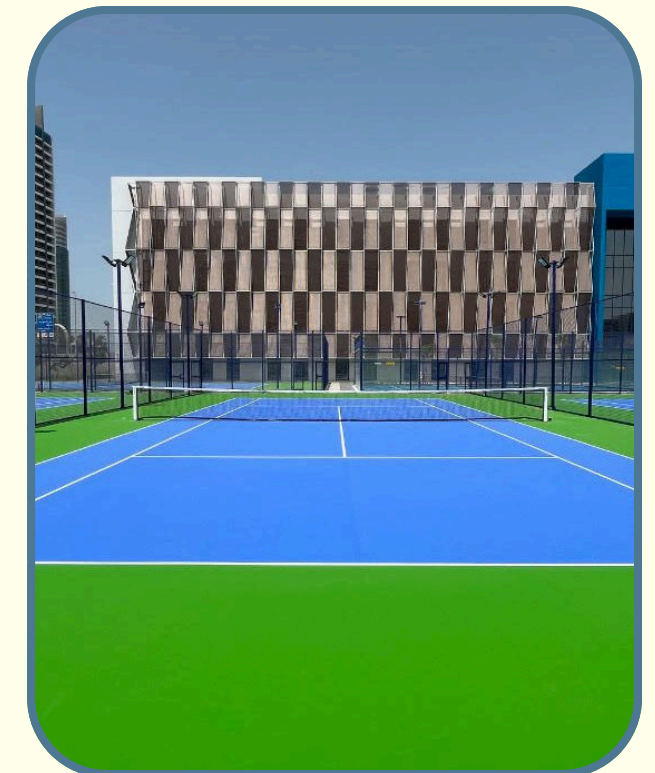
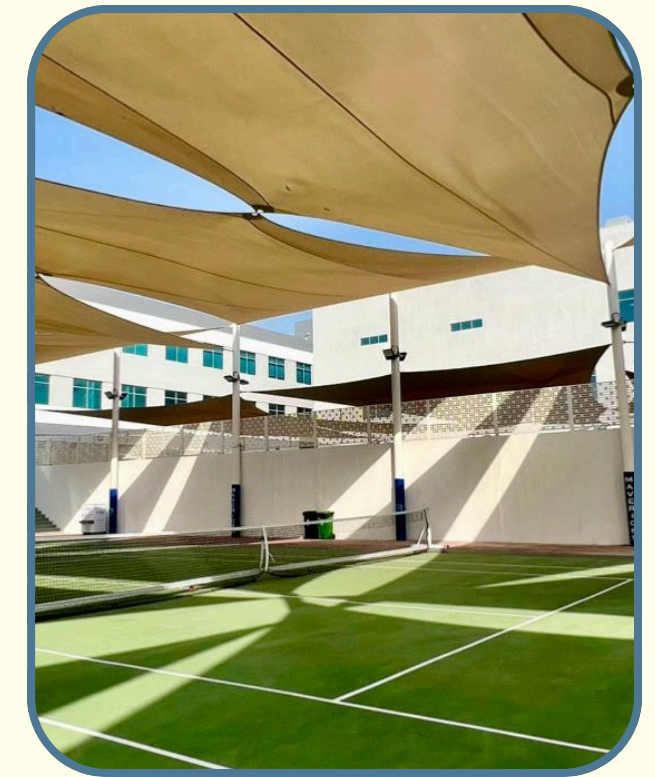
JUNIOR DEVELOPMENT PROGRAM



- 1. Venues*
- 2. Head Coach*
- 3. Tots*
- 4. Red*
- 5. Orange*
- 6. Green*
- 7. Yellow*
- 8. Fitness & Matchplay*
- 9. JDP Community*

Venues

- MOTOR CITY, GREEN COMMUNITY
- AL BARSHA SOUTH, GEMS NATIONAL
- AL WAHA GEMS
- DUBAI HILLS, GEMS WELLINGTON AL KHAIL
- DUBAI AMERICAN ACADEMY
- ATLANTIS THE PALM



Head of Junior Development

ALANA CASEY



OUR JUNIOR DEVELOPMENT PROGRAMME (JDP) IS DESIGNED FOR PLAYERS OF ALL AGES AND ABILITIES, FROM TOTS TENNIS THROUGH TO YELLOW BALL. WHETHER A PLAYER IS PICKING UP A RACKET FOR THE FIRST TIME, LOOKING TO FURTHER DEVELOP THEIR SKILLS, OR ASPIRING TO PROGRESS INTO OUR ELITE PROGRAMME, OUR STRUCTURED PATHWAY PROVIDES THE IDEAL ENVIRONMENT TO LEARN AND GROW.

OUR EXPERIENCED COACHING TEAM FOCUSES ON BUILDING STRONG TECHNICAL FOUNDATIONS WHILE DEVELOPING TACTICAL AWARENESS, PHYSICAL LITERACY, CONFIDENCE, AND A LIFELONG LOVE FOR THE GAME. AS PLAYERS PROGRESS, THEY ARE CONTINUALLY CHALLENGED IN A FUN, POSITIVE, AND SUPPORTIVE ATMOSPHERE.

THE PROGRAMME ALSO INCLUDES DEDICATED STRENGTH & CONDITIONING SESSIONS, RECOGNISING THE IMPORTANCE OF ATHLETIC DEVELOPMENT ALONGSIDE TENNIS-SPECIFIC SKILLS. MONTHLY MATCHPLAY EVENTS GIVE PLAYERS THE OPPORTUNITY TO PUT THEIR TRAINING INTO PRACTICE, DEVELOPING DECISION-MAKING, RESILIENCE, AND COMPETITIVE CONFIDENCE IN REAL-GAME SITUATIONS.

OUR GOAL IS SIMPLE: TO INSPIRE EVERY PLAYER TO REACH THEIR FULL POTENTIAL WHILE FOSTERING A PASSION FOR TENNIS IN A WELCOMING COMMUNITY WHERE PLAYERS BUILD FRIENDSHIPS, SUPPORT ONE ANOTHER, AND GROW BOTH ON AND OFF THE COURT. WE ARE PROUD TO CREATE AN ENVIRONMENT WHERE EVERY PLAYER FEELS VALUED, INSPIRED, AND PART OF THE JDP FAMILY.

TOTS

WHY CHOOSE TOTS TENNIS?

- INSPIRING LOVE FOR SPORTS
- ENHANCING COORDINATION
- IMPROVING SELF-CONFIDENCE
- BUILDING COMMUNICATION AND TEAMWORK SKILLS
- TEACHING SPORTSMANSHIP AND FORMING LIFELONG FRIENDSHIPS

AVAILABLE IN MOTOR CITY, AL WAHA AND DUBAI HILLS

Level	Location	Time	Duration	Price per session
TOTS	- Motor City	4.15-5pm	45minutes	120
	- Al Waha			
	- Dubai Hills Sunday			
	- Dubai Hills Saturday/Sunday	8.15-9.00am		

EXACT DAYS/ TIMES WILL BE GIVEN AFTER A TRIAL



RED

WHY CHOOSE RED TENNIS?

- FOCUS ON BASIC RACKET GRIP, HAND-EYE COORDINATION, SIMPLE MOVEMENT AND FUN.
- NON-FITNESS ACTIVITIES: SHORT RALLIES, TARGET HITTING GAMES, BASIC FOREHAND/BACKHAND SWINGS, SERVING, VOLLEYS, RACKET CONTROL DRILLS, COOPERATIVE GAMES TO BUILD CONFIDENCE.
- FITNESS ACTIVITIES: COORDINATION LADDERS, SKIPPING, SHORT SPRINTS, BALANCE EXERCISES, AND REACTION GAMES TO DEVELOP AGILITY AND MOTOR SKILLS.

Level	Location	Time	Duration	Once a week	Twice a week	Three/Four times a week
Red Ball	- Motor City - Al Waha	4.45-5.45pm	1 Hour	140	130	120

Level	Location	Time	Duration	Once a week	Twice a week
Red Ball	- Al Barsha South - DAA - Atlantis - Dubai Hills Sunday - Dubai Hills Saturday/Sunday	5-5.45pm 9-9.45am	45minutes	130	120

EXACT DAYS/ TIMES WILL BE GIVEN AFTER A TRIAL



ORANGE

WHY CHOOSE ORANGE TENNIS?

- FOCUS: DEVELOPING STROKE CONSISTENCY, BASIC FOOTWORK, INTRODUCTION TO TIMING AND COURT POSITIONING.
- NON-FITNESS ACTIVITIES: LONGER MINI-RALLIES, SIMPLE POINT-PLAY, SERVE INTRODUCTION, DRILL-BASED TECHNIQUE WORK, PARTNER DRILLS AND SMALL-SIDED GAMES.
- FITNESS ACTIVITIES: DYNAMIC WARM-UPS, AGILITY CONE DRILLS, SHUTTLE RUNS, CORE-BODY MOVEMENT GAMES, ENDURANCE-BUILDING RELAY ACTIVITIES.



Level	Location	Time	Duration	Once a week	Twice a week	Three/Four times a week
Orange Ball	- Motor City - Al Waha	5.30-6.45pm	1 Hour 15 minutes	170	160	150

Level	Location	Time	Duration	Once a week	Twice a week
Orange Ball	- Al Barsha South - DAA - Atlantis - Dubai Hills Sunday	5.45-6.45pm	1 Hour	150	140
	- Dubai Hills Saturday/Sunday	9:45-10:45am			

EXACT DAYS/ TIMES WILL BE GIVEN AFTER A TRIAL



GREEN

WHY CHOOSE GREEN TENNIS?

- FOCUS: DEVELOPING STROKE CONSISTENCY, FOOTWORK, INTRODUCTION TO TIMING AND COURT POSITIONING.
- NON-FITNESS ACTIVITIES: LONGER MINI-RALLIES, SIMPLE POINT-PLAY, SERVE INTRODUCTION, DRILL-BASED TECHNIQUE WORK, PARTNER DRILLS AND SMALL-SIDED GAMES.
- FITNESS ACTIVITIES: DYNAMIC WARM-UPS, AGILITY CONE DRILLS, SHUTTLE RUNS, CORE-BODY MOVEMENT GAMES, ENDURANCE-BUILDING RELAY ACTIVITIES.

Level	Location	Time	Duration	Once a week	Twice a week	Three/Four times a week
Green Ball	- Motor City - Al Waha	6.15-7.45pm	1 Hour 30 minutes	190	180	170

Level	Location	Time	Duration	Once a week	Twice a week
Green Ball	- Al Barsha South - Atlantis - Dubai Hills Sunday	6.45-7.45pm	1 Hour	170	160
	- Dubai Hills Saturday/Sunday	10:45-11:45am			

EXACT DAYS/ TIMES WILL BE GIVEN AFTER A TRIAL



YELLOW

WHY CHOOSE YELLOW TENNIS?

- FOCUS: FULL-SPEED STROKES, ADVANCED TACTICS, MATCH PREPARATION, MENTAL SKILLS AND PERFORMANCE REFINEMENT.
- NON-FITNESS ACTIVITIES: HIGH-INTENSITY POINT PLAY TACTICAL DRILLS, MATCH SIMULATIONS, SERVE-AND RETURN STRATEGIES, VIDEO ANALYSIS AND INDIVIDUALISED TECHNICAL COACHING.
- FITNESS ACTIVITIES: SPORT-SPECIFIC STRENGTH TRAINING, ANAEROBIC INTERVAL TRAINING, ADVANCED PLYOMETRICS, MOBILITY AND INJURY PREVENTION ROUTINES, CONDITIONING TAILORED TO MATCH DEMANDS.

Level	Location	Time	Duration	Once a week	Twice a week	Three/Four times a week
Yellow Ball	- Motor City - Al Waha	6.15-7.45pm	1 Hour 30 minutes	190	180	170

Level	Location	Time	Duration	Once a week	Twice a week
Yellow Ball	- Al Barsha South	6.45-7.45pm	1 Hour	170	160
	- Dubai Hills Sunday				
	- Dubai Hills Saturday/Sunday	11.45-12.45pm			

EXACT DAYS/ TIMES WILL BE GIVEN AFTER A TRIAL



Fitness & Matchplay

FITNESS IS AVAILABLE IN MOTOR CITY AND AL WAHA.

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





JDP Community

MORE THAN TENNIS

**"A COMMUNITY WHERE CONFIDENCE GROWS,
FRIENDSHIPS ARE MADE, AND EVERY PLAYER HAS
THE OPPORTUNITY TO BECOME THEIR BEST"**

**TO INSPIRE, EMPOWER AND CHALLENGE THE
NEXT GENERATION**

