

Tennis 4 Life

BALL SKILLS (for 2.5 – 5 year olds)

FUN! FUN! FUN! Ball Skills (part of Tennis4life) is especially designed for children between the ages of 2.5 and 5 years and is a progressive program enabling children to develop their skills in a **fun** and energetic environment. The main focus is on:

Hand-eye ball coordination skills and will include, among others, activities such as running, jumping, hopping, throwing, catching, striking and kicking. Experience with these fundamental skills is essential for the later development of more specific sport skills.

Please take a look at the advantages of having this extramural activity at the school. I sincerely believe children get a lot out of it:

Advantages of Ball Skills:

- It's fun! Children develop necessary skills without even realising as it is done in such a fun way
- I bring the equipment to the school and remove it again once the lesson is over. Equipment includes hula hoops, bean bags, balls etc.
- Children do not have to go anywhere and can be taught in the safety of the school grounds
- Classes improve motor and hand eye coordination skills
- Classes can be arranged during the winter and summer months as ball skills can take place either indoors or outdoors
- My classes cater for all, no matter what level. Children reach developmental milestones at different rates. Pushing a child to perform a task that is impossible due to development status promotes frustration and disappointment. Children should be allowed to acquire motor skills at their own pace.
- There will not be more than 10 children per class. Small class sizes mean that children get as much individual attention as possible
- To recognise and reward good sportsmanship, good manners, perseverance and courage, I award a floating trophy/prize at the end of every lesson. Every child in the class will win it, so get that camera ready to capture the look of pride on your child's face when it's their turn.

About the Coach:

Balls Skills is part of a company, Tennis4life, which was founded by Jacqui Rosset in 1998. Jacqui is a professional, qualified, tennis coach with almost 15 years' experience coaching ball skills and tennis both in South Africa and the UK.

Jacqui found the tennis and ball skill lessons that most inspired her were those in which there was a good balance between learning a lot and having fun.

How to book:

Please contact **Jacqui on 078 7619 2581**, even if you just want to chat to find out more about ball skills and what the classes entail.

I look forward to hearing from you ☺

