



Woodlands Tennis Club, Hanham. Pete Evans, Head Coach (LTA Accredited+) has been growing his junior coaching programme for a number of years now. Pete's passion, love for the game, dedication and quality coaching which has seen him develop some top juniors in recent years. None more so than Izzie Britton, who, at just 10 years old, recently represented her Country!

What did we do?

Pete has been instrumental in developing Izzie Britton into a competitive National level player. Pete, importantly recognised at an early stage, that he needed Izzie to access the Avon County coaching programme in order to help her on the LTA's 'Tennis Performance Pathway' and continue to develop and maximise Izzie's potential.

Project Description

To discover young athletes with the love and passion for the sport. To train juniors to their maximum potential.

To build strong relationships with the County, the LTA and other venues to help support the player, players family and coach.

How did we do it?

Pete focused on ABCS (Agility, Balance, Coordination & Speed) and strong fundamentals of each stroke. Pete created a disciplined training environment and a demanding training schedule.

Top tips?

- Making the junior an athlete first, agile, strong and fast
- Repetitive mechanics
- Balanced work to fun ratio
- Supportive family

"You might not be the best or be the most talented but you can train the hardest, focus the most and be better than you were yesterday"

