South Coast Tennis was founded back in 1997. Since that day we have been responsible for developing the coaching programmes within many Schools & Clubs within East Sussex. As a result of our effeorts & dedication to delivering quality coaching we have had 19 junior county champions and 5 world ranked players.

We deliver coaching to players of all ages & abilities with the aim of enabling all players to fulfill their potential.

My name is Nick Andrews ,I'm the Head-Pro of Cooden Beach SSC. An LTA UKCC level 4 coach

I have worked with players upto international level & am now in my 5th year at Cooden. My aim is to give all those who wish to take part in the game the opportunity to do so & give them the best foundation from which they can build their game & get out there and enjoy their Tennis.

At Cooden we have a comprehensive coaching programme which is open to members & non-members alike and caters for all ages & abilities. We coaching on both individual and group environments. For prices & availabilities please contact me on 07790 037030

We at SCTA believe that it is very important for all juniors to get off to the right start with their tennis so that is why we run all our squads from ages 4 to 11 years in accordance with the LTA Mini Tennis programme. Mini Tennis ensures that juniors progress at the correct rate by using balls and equipment relevant to age, height and ability. For more information on Mini Tennis visit www.minitennis.com or contact one of our coaching team who will be more than willing to assist.

All our squads are progressive which means that you can be assured that we will closely monitor your child's improvement. Parents please note that we will only move children up to the next group as and when they are ready. Our coaching programme begins with Mini Red, then progress through Mini Orange, Mini Green and then on to our more performance orientated squads (see timetable below).

The programme will be expanding through 2010-2011 with new sessions being added to the time table so please contact us for updates or just login to our website.

Tennis coaching timetable 2010

Saturday
***Mini red 4 – 8 years 9am – 10 am
***Mini Orange 7 – 9 years 10am – 11am
***Mini Green 8 – 11 years 11am – 12noon

Futures Squad 10yrs + 4pm-5.30pm
Performance Squad 12 – 2.00 pm

Monday
***Mini Red 4 – 8 years 4 pm – 5 pm

***Mini Orange 7 – 9 years 5 pm – 6 pm

Performance (invitation) 12yrs + 6pm – 8pm

Thursday
***Mini Masters Green 9 – 11yrs 4 pm – 5 pm

Junior Development 11yrs + 6pm – 7pm

Friday
Junior club night

***Ages red/orange/green 5 – 11 years 4 pm – 5 pm
(Fun club session for all abilities)

Ages 10 upwards 5 pm – 6.30 pm
(Fun club session for all abilities)

Junior tennis at Cooden Beach SSC (Development and Performance level)

players or parents wishing to pursue a more intense tennis coaching programme are invited to join in our Saturday afternoon squads. We currently run a futures squad and a performance squad. All players who wish to participate in our full time programme can try out for our SCTA Performance squad, All players in the Performance squad must be competing regularly in LTA sanctioned events.

Saturday

Futures squad 4.00 pm – 5.30 pm
Performance squad 12.00 pm – 2 pm

Monday

Performance squad 6 pm – 8 pm

Wednesday

Performance squad 5 pm – 6.30pm

All participating juniors will be encouraged to obtain an LTA rating which is necessary to compete in LTA sanctioned events.

Adult Coaching Programme

SAT 9-10am Beginners / Rusty rackets session

This session is designed for those players who are just starting out in the game or who have not played for some time. All basic stokes are covered as well as the technical there is tactical work aimed at both singles & doubles play. This will give you a good foundation to progress from and enjoy the game.

Mon 7-8pm Cardio Tennis

Cardio Tennis is a new, fun group activity on a tennis court featuring drills to give players of all abilities an ultimate, high energy workout.

Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, why not try Cardio Tennis?
There are drills for absolute beginners through to advanced players, all of which provide you with a great cardio workout while improving skill. Cardio Tennis is more fun than working out in a gym or other forms of exercise.

Tues 6.30-7.30pm Fun Doubles (Beginner/Intermediate)

A fun session covering all aspects of the game, aimed at those players who are competent from the back of the court and wish to develop their game further.

Thurs 8-9pm Intermediate/Advanced doubles

Aimed more at the match player who's still in the development stage of their game. Looking at all aspects (technical/tactical/physical & mental) sessions are designed to push & challenge the players through coach fed drills, match play scenarios as well as open play.