



JUNIOR PROGRAM

- › NEW TO TENNIS
- › JUNIOR DEVELOPMENT
- › JUNIOR PERFORMANCE

M | MOURATOGLOU
TENNIS CENTER
JUMEIRAH

OUR COACHING METHODOLOGY

For the past 20 years, my vision has been the same. People want two things when they visit a Mouratoglou site : enjoy themselves and improve their game.

At Mouratoglou Tennis Academy, we provide and embrace the potential of each person, no matter their goal, ambition or level. At the end of the day, it always comes down to helping the players improve while also having the best experience with the best coaches.

All Mouratoglou Tennis Center Jumeirah coaches have been trained and certified with the Mouratoglou Coaching Methodology & Philosophy. They have a mix of expertise in coaching children and adults, from beginners to advanced players, and speak multiple languages.

PATRICK MOURATOGLOU



CORE OF OUR PROGRAM

SKILL DEVELOPMENT

The goal is to provide a solid foundation and build well-rounded skill sets tailored to the players: technical and tactical abilities, agility, coordination skills and an overall understanding of the game.

PARENT EDUCATION AND DEVELOPMENT

We recognize the importance of parental support and involvement. We reinforce this through resources, workshops and open communication. We aim to guide parents towards a better understanding of tennis, player development and healthy participation in their child's journey.

SPORTSMANSHIP AND CHARACTER DEVELOPMENT

We emphasize the development of positive values and character traits. This includes promoting sportsmanship, fair play and respect for opponents. The program aims to instill important life skills such as discipline, perseverance, teamwork and self-confidence through tennis.

PASSION FOR THE SPORT

Our approach is to push players to discover themselves and grow their passion for the sport, ultimately making tennis a long term journey across all ages and levels. The program aims to craft a positive and enjoyable experience for all.

A STIMULATING ENVIRONMENT

An environment that allows the player to develop his/her skills, mental toughness, decision-making abilities, physical condition and their competitive spirit.

SOCIAL INTERACTION AND FRIENDSHIPS

The objective is to create a supportive community where players can bond, collaborate and learn from one another.



JUNIOR PROGRAM FRAMEWORK

Junior Performance Program			
Stage 1	Stage 2	Stage 3	Stage 4
8-10 yo - U10	11-13 yo - U12/14	14-16 yo - U16	17-18 yo - U18
Green ball - full court	Yellow ball - full court	Yellow ball - full court	Yellow ball - full court
3 days/week / 1.5 hr group 2 x 45min fitness	3 days/week / 1.5 hr group 2 x 45 min fitness	3 days/week / 1.5 hr group 2 x 45min fitness	3 days/week / 1.5 hr group 2 x 45 min fitness
2 x 1 hr fitness	2 x 1 hr fitness	2 x 1 hr fitness	2 x 1 hr fitness
1 x Private training 1hr	2 x Private training 1hr	1 x Private training 1hr	2 x Private training 1hr
Wednesday / 4-6:30pm Friday / 4-6:30pm Sunday / 8-9:30am	Wednesday / 5:30-8pm Friday / 5:30-8pm Sunday / 9:30-11am	Wednesday / 5:30-8pm Friday / 5:30-8pm Sunday / 9:30-11am	Wednesday / 5:30-8pm Friday / 5:30-8pm Sunday / 9:30-11am

› National tournaments level

Junior Development Program							
Stage 1.1	Stage 1.2	Stage 2.1	Stage 2.2	Stage 3.1	Stage 3.2	Stage 4	Stage 5
3-4 yo - kids tennis	4-5 yo - kids tennis	6-7 yo - kids tennis	7-8 yo - kids tennis	9-10 yo - U10/12	10-11 yo - U10/12	12-14 yo - U14	15-18 yo - U16/18
Redball - half court		Orange ball - 3/4 court		Green ball - full court		Yellow ball - full court	
2 days/week / 1 hr group		2 days/week / 1.5 hr group		2 days/week / 1.5 hr group		2 days/week / 1.5 hr group	
Optional : 1 x private 1hr		Advised : 1 x private 1hr		Advised : 1 x private 1hr		Advised : 1 x private 1hr	
Monday and Wednesday 4-5pm	Tuesday and Thursday 4-5pm	Monday 5-6:30pm Friday 3:30-5pm	Tuesday 5-6:30pm Saturday 3:30-5pm	Monday / 6:30-8pm Saturday / 5-6:30pm	Thursday / 5-6:30pm Saturday / 8-9:30am	Tuesday / 6:30-8pm Saturday / 6:30-8pm	Thursday / 6:30-8pm Saturday / 9:30-11am

› Local club tournaments level

New To Tennis				
Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
3-5 yo kids tennis	6-8 yo kids tennis	9-11 yo - U10/12	12-14 yo - U14	15-18 yo - U16/18
Red ball half court	Orange ball 3/4court	Green ball full court	Yellow ball full court	Yellow ball full court
Start with private lessons to develop the fundamentals to join the groups				
Depending on availability				

› Joining the junior development program

CHOOSE YOUR PROGRAM

TERM 1: SEPTEMBER, 2ND → DECEMBER 7TH (14 WEEKS)

NEW TO TENNIS

Start your tennis journey! Players will be introduced to the game of tennis in a fun and supportive environment. Participants will learn the fundamentals and be prepared to join our Junior Development program.

➤ **AED 390** per private lesson (Term commitment)

JUNIOR DEVELOPMENT

Advance with our Junior Development program where players strengthen their technical and tactical fundamentals. Develop confidence to play, socialize, and compete. Players prepare themselves to take part in local club tournaments, enjoying a higher standard of tennis in a dynamic community.

➤ Stages 1.1 & 1.2: **AED 4,480**
➤ Stages 2 to 5: **AED 6,720**

JUNIOR PERFORMANCE

The gateway to high performance. This program provides the necessary structure, environment and intensity for players to maximize their potential by developing their physical, technical, tactical and mental abilities. Competitive group training, tennis specific fitness and one on one coaching will open the path for players to compete in national tournaments.

➤ **AED 12,180**



CONTACT US

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