



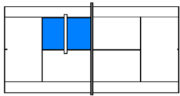
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TENNIS DEVELOPMENT PATHWAY



Little Shots
Foam /Red Ball
Micro court



Timeline: 1 - 2 Years
Approx. age: 3 - 4

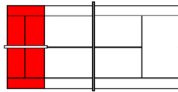
Players develop...

- Simple balance & different movements
- Handling racket & ball, & making a simple swing
- Knowing the forehand, backhand & volley
- Throwing & catching, using different sized balls & equipment
- Copying, Listening & Learning
- Working on their own & with a partner



Red One
Foam / Red Ball
36ft court
1 tie break

Competition
• Red Clinic Play



Timeline: 1 - 2 Years
Approx age: 5 - 7

Players develop...

- Movement in different directions, stopping and balancing
- Contact with & simple control of the ball
- Rallying by throwing, hitting & catching
- Knowing basic strokes - forehand, backhand, volley & serve
- Working with a partner on simple tasks
- Counting, in & out, & simple scoring



Red Two
Foam / Red Ball
36ft court
1 tie break

Competition
• Match Play
• Red Clinic Play



Timeline: 1 - 2 Years
Approx age: 6 - 7

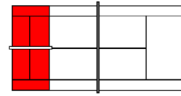
Players develop...

- Coordinated running, jumping and hopping
- Throwing, catching & bouncing patterns
- Basic strokes shapes, with control of the ball
- Simple grips and contact points
- Rallying over a short distance
- Serving over and in, under & over-arm
- How to win a point and where to stand



Red Three
Foam / Red Ball
36ft court
1 tie break

Competition
• Match Play
• USTA U8 Tournaments
• Training Center Events



Timeline: 1 Year
Approx age: 6 - 8

Players develop...

- Coordinated multidirectional movement
- Better body control, posture and balance
- Longer stroke shapes with consistent contact points
- Rallying and directing the ball from the baseline (Red court)
- Coordinated serve using a small action
- Scoring & understanding rules of the game



Orange One
Orange Transition Ball
60ft court
Short Sets to 4 Games

Competition
• Match Play
• Orange Clinic Play



Timeline: 1 - 2 Years
Approx age: 7 - 10

Players develop...

- Quick and efficient movement
- Coordinated rotation & use of both arms
- Effective swing shapes including spin
- Rallying from the baseline, including cross court (Orange court)
- Serving on balance with a consistent action and higher contact
- Short singles matches and team events



Orange Two
Orange Transition Ball
60ft court
Short Sets to 4 Games

Competition
• Match Play
• Orange Clinic Play
• USTA U10 Tournaments
• Training Center Events
• Junior Team Tennis



Timeline: 1 - 2 Years
Approx age: 7 - 10

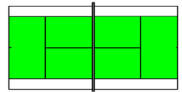
Players develop...

- Specific & adapted footwork patterns
- Reacting quickly and effectively and moving at different speeds
- Refined stroke shapes including spin
- Changing the stroke to direct the ball and hit to different lengths
- Better throwing action and grip on the serve
- Tactically aware of the opponent



Green
Green Ball
Full court 78ft
Regular sets to 6 games

Competition
• Match Play
• Green Clinic Play
• USTA U12 Tournaments
• Training Center Events
• Junior Team Tennis



Timeline: 1 - 2 Years
Approx age: 9 - 10

Players develop...

- Excellent movement to, from and around the ball
- Coordinated use of all parts of the body
- Adapted stances and strokes based upon the intended shot
- Changing the flight, spin and speed of the ball
- Refining serve technique including the 2nd serve
- Developing a tactical game plan around attacking and defending

For information on any part of the pathway, including match play, tournaments, and finding the appropriate program for your child, please talk to any of our Coaching team