

THE RULES HAVE CHANGED!

It's A Whole New Ball Game for Kids Tennis

Kids 8 and Under



Kids 10 and Under

Court Size	Racquet	Ball	Net Height
36' x 18'	up to 23"	A red foam or red low compression felt ball moves slower, bounces lower and travels less distance.	2' 9"

Court Size	Racquet	Ball	Net Height
60' x 21' singles 60' x 27' doubles	up to 25"	An orange low compression felt ball moves a little faster and travels farther but still has a lower bounce than the yellow ball.	3'



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THERE IS A NEW EXCITING WAY FOR KIDS TO LEARN TENNIS
THE PROGRESSIVE DEVELOPMENT OF A PLAYER FROM BEGINNING TO COMPETITIVE TENNIS

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AGE 5-6

BALL PROGRESSION - Foam Ball to Red ball on 36 foot court. The foam ball moves slower and is bigger and therefore allows the player a better chance of a successful return

PHYSICAL SKILLS – Agility, Balance (static and dynamic), coordination (simple to complex), throwing underhand (right hand, left foot/ left hand, right foot), tracking, response time

TECHNICAL SKILLS – Basic groundstroke patterns of low to high swing with a short motion; understand the sideways position of basic shots; blocking skill to be used on volleys; self starting ball out of the air (underhand acceptable at this age)

TACTICAL SKILLS – Development of the mindset to exchange the ball back and forth across the net (progression goes from toss-toss, toss-hit, coach hit-hit to player(s) hit-hit)

PSYCHOLOGICAL SKILLS – Fun and enjoyment, sportsmanship, following instruction

PERFORMANCE GOALS – Be able to have a 10 ball cooperative rally with a coach or a 5 ball rally with a player of similar skill; be able to start (serve) one out of two balls (underhand or overhand) consistently over the net; to hit a ball after moving and to adjust basic body positions; keeping score (7 point game at this age and level)

AGE 7-8

BALL PROGRESSION – Red Ball on 36 foot court. The red ball moves slower and bounces lower to allow the player an better opportunity to develop the correct strokes because of being able to hit a waist high ball more often.

PHYSICAL SKILLS – Ability to change movement directions based on the flight of the incoming ball; tracking adjustment to the flight of the incoming ball; reaction speed and agility

TECHNICAL SKILLS – Increase the size of the low to high groundstroke swing based on performance guidelines; have the skill to block-volley balls of different heights; serve overhand; use proper grips (eastern to semi western on forehand, one or two hands on backhand, continental on serve); control of the speed of the swing

TACTICAL SKILLS - Develop the mindset of aiming for both height and direction targets; develop the mindset that hitting one more ball than their opponent wins points

PSYCHOLOGICAL SKILLS - Coping with winning and losing; learning the mindset of correcting mistakes

PERFORMANCE GOALS - Be able to hit a 15 ball cooperative rally with a coach or a 10 ball rally with a player of similar skill using both forehand and backhand; to be able to serve 50 % first serves and 75% of second serves in the correct service box; to be able to transition from baseline to net and change the size of the hitting motion when advancing

AGES 9-10

BALL PROGRESSION – Orange Ball on a 60 foot court. This ball is the size of the yellow ball but is still slow enough and bounces low enough to continue the proper development of strokes

PHYSICAL SKILLS - Complex coordination; A full range of movement skills including running, sliding, skipping, lunges, and jumping; Core strength and shoulder stability; movement skills relative to other sports

TECHNICAL SKILLS – Use of a full follow through on groundstrokes; ability to adjust the size of the backswing on groundstrokes based on the speed and depth of the incoming ball; transition from a full swing to a block when advancing toward the net; Ability to hit high and slow (lob) and low and slow (drop shot); Use of a full windup and follow through on the serve; high quality footwork for set up and recovery; learning the basic spins (topspin, underspin, and service spin)

TACTICAL SKILLS – To develop the correct mindset of hitting more rally shots than an opponent (neutral hitting), of hitting a higher risk shot when in the correct position (offensive hitting) and to get a ball back in play when in a difficult position (defensive hitting); to develop basic skills of doubles and positioning

PSYCHOLOGICAL SKILLS – Fun and enjoyment; Problem solving; Decision making; Quality effort in practice and competition

PERFORMANCE GOALS – To be able to hit a cooperative 20 ball rally with a coach or a 15 ball rally with a player of similar skill; to be able to hit forehands, backhands, approach shots, volleys, lobs, overheads and drop shots with a degree of competence

AGES 11-12

BALL PROGRESSION – Green to yellow on a 78 foot court. The green ball is 75 % the speed and compression of the yellow ball and allows an easier transition from the 60 foot court to the full 78 foot court. The progression should be based on a players ability to succeed in the previous performance goals

PHYSICAL SKILLS – Have a full range of movement skills and the understanding and ability of balance while hitting a ball; core, arm and leg strength

TECHNICAL SKILLS – Use of all sizes and speeds of swings; Use of all three basic spins; Understanding of neutral, offensive and defensive shots

TACTICAL SKILLS – Ability to observe strengths and weaknesses in opponents; Recognizing neutral, offensive and defensive situations and the hitting the correct response to these situations; Creating negative situations for your opponent

PSYCHOLOGICAL SKILLS – Goal setting; Self discipline; Concentration; Anxiety Control

PERFORMANCE GOALS – To be able to hit a cooperative 20 ball rally with first the green ball then the yellow ball with a coach and then a 15 ball rally with first the green ball then the yellow ball with a player of similar skill level; to be able to control the speed, direction, height and spin on all shots