

## STAGES OF TENNIS CLASSES

1.

### **RED BALL 3**

Students ages 4-8 years

- Use of ½ court and larger
- Introduction to the game of Tennis.
- Eye hand coordination. Throwing, catching, court movement, racquet skills, movement
- Initial contacting tennis ball skills.
- Class awareness. Safety, etiquette. Able to follow coach instructions and enjoy

### **RED BALL 2 [level up from red ball 3]**

Student ages 4-6 years

- Use of half court and larger
- Progression level up from Red Ball 3.
- Good level of concentration
- Can understand how to move to the ball.
- Basic skills of forehand and backhand strokes.
- Can catch a ball after 1 or 2 bounces and throw over-arm.
- Able to follow coach instructions and enjoy

### **RED BALL 1 [level up from red ball 2]**

Student age: 6-8 years

- Use of ½ court and larger
  - Step up in progression from Red Ball 2
  - Movement with ease. Basic and more advanced patterns.
  - Can throw over-arm and underarm and catch a ball no bounce or one bounce
  - Understand technique of forehand and backhand and volley.
  - Able to follow coach instructions and enjoy
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2.

### **ORANGE BALL 3**

Student ages: 6 years plus

- Use of  $\frac{3}{4}$  court and larger. Ball is smaller than red and a little faster
- Introduction level tennis and level up from Red Balls.
- Cover basic skills of movement, racquet, concentration and enjoyment
- Some rules and understanding court etiquette. Will follow coach instructions

### **ORANGE BALL 2 [level up from orange ball 3]**

Student ages: 7 years plus

- Use of  $\frac{3}{4}$  court and larger. Ball is smaller than Red and little faster.
- Next stage up from Orange Ball 3
- Students who have experience in Tennis. Groundstrokes, volleys, serve.
- Skills. More advanced movement, drills and enjoyment
- Learning about scoring. Court etiquette. Will follow coach instructions

### **ORANGE BALL 1 [level up from orange ball 2]**

Student ages 7-10 years

- Ball is a little smaller than red and slight faster.
  - Use of  $\frac{3}{4}$  court and full size.
  - Students can rally. Learned movement patterns. Can score.
  - Can serve. Have good basic techniques, to concentrate and have enjoyment
  - Will follow coach instructions
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3.

**GREEN DOT BALL 2**

Student ages: 8-10 years plus

- Use of full size court
- Ball is faster than orange but still slight lower pressure than yellow. Step up from Orange Ball.
- Players who are able to hit and rally over net. To serve a ball into service box.
- Play will be more physical with stronger movement around court. Continue to develop skills and enjoyment
- Will follow coach instructions

**GREEN DOT BALL 1**

Student ages: 8-10 years plus

- Ball is faster than orange ball.
  - Use of full size court
  - Players able to rally, play points, serve, can point score. Advancement of drills and movement patterns.
  - Can implement more advanced techniques, concentration levels, physical work. Enjoyment.
  - Will follow coach instructions
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4.

**YELLOW BALL 2**

Student ages: 11 years plus

- Regular tennis ball
- Use of full size court
- Students at low level of Tennis.
- Introducing further learning of basic strokes, movement patterns, point scoring and etiquette.
- Will follow coach instructions

**YELLOW BALL 1 [ level up from Yellow 2]**

Student age: 11 years plus

- Use of full size court
  - Students who can rally, serve and play points, games, sets.
  - More advanced training of physical, tactical.
  - Technique refinement
  - Social/tournament level competition
  - Enjoyment and will follow coach instructions
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