

STAGES OF TENNIS CLASSES

1.

RED BALL 2 - Introductory

Student ages 4-5 years

- Use of half court and larger ball
- 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 - Development [Level up from Red Ball 2]

Student age: 4-6 years

- Use of ½ court and larger
 - Step up in progression from Red Ball 2
 - Has covered all areas of content of Red 1.
 - Movement with more ease. Basic and more advanced patterns.
 - Can throw over-arm and underarm and catch a ball on one bounce or no bounce.
 - Understand technique of forehand and backhand and volley.
 - Able to follow coach instructions and enjoy
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2.

ORANGE BALL 2 - Development [Level up from Red Ball 1]

Student ages: 7-8 years plus approx.

- Use of $\frac{3}{4}$ court and larger. Ball is smaller than Red and a little faster
- Students who have experience in Tennis. Groundstrokes, volleys, serve
- Can hit the ball over and in on full size court
- Skills
 - More advanced movement, drills and enjoyment
- Learning about
 - Scoring
 - Court etiquette
- Will follow coach instructions and safety rules whilst on court

ORANGE BALL 1 - Development [Level up from Orange Ball 2]

Student ages 7-9 years approx.

- 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
 - Able to understand tennis game scoring system
 - Has practical and mental knowledge of all basic strokes on the game
 - Can serve and is capable of or learning action to use full swing. Have good basic techniques, to concentrate and have enjoyment
 - Can rally ball over net 3 times or more
 - Will follow coach instructions and safety rules
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3.

GREEN DOT BALL 2 - Development and Futures Level

Student ages: 8-10 years plus - **Introductory and basic and level up from Orange 1**

- 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 with opponent over net to participate in a point
- To be able 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 - Development and Futures [Level up from Green Dot 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
 - Coaches to implement more advanced techniques, concentration levels, physical work. Enjoyment
 - Will follow coach instructions
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4.

YELLOW BALL 2 - Introductory and basic. Entry competition level

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 - Development and Competition level [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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