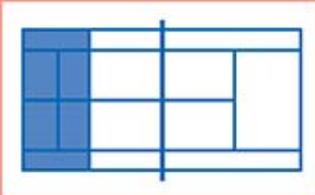
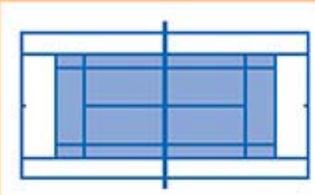
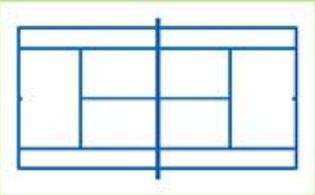
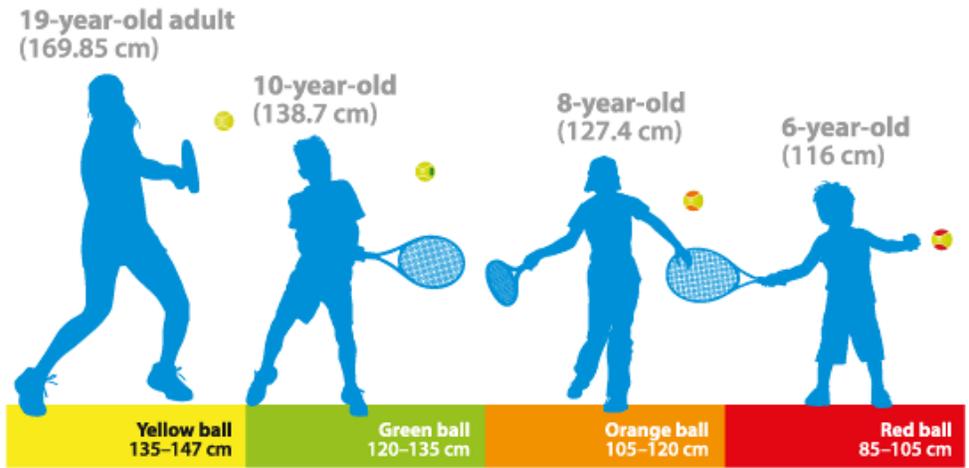


USTA GUIDELINES FOR 10 AND UNDER TENNIS

STAGE	RED	ORANGE	GREEN
AGE	8 and under	9 - 10	11 and up
BALL	 <p>Red felt or foam <i>Moves slower and bounces lower than orange ball</i></p>	 <p>Orange <i>Moves slower and bounces lower than green ball</i></p>	 <p>Green <i>Slightly reduced bounce from yellow ball</i></p>
COURT SIZE	 <p>36' x 18'</p>	 <p>60' x 21' singles 60' x 27' doubles</p>	 <p>78' x 27' singles 78' x 36' doubles</p>
NET HEIGHT	2'9"	3' center, 3'6" at net posts	3' center, 3'6" at net posts
RACQUET	Up to 23"	23" - 25"	25" - 27"

Why low-compression balls are perfect for 10-and-under players



Launch Pad – Fundamental and perceptual motor skills (FPMS)

Player:		Coach:	
Club:		Date:	
All about Launch Pad			
Typical age: 4–6		Court size: variable	
Racquet size: 19–21 inch		Ball: 25% compression red ball	
Competencies			
Skill	Description	Progress report	
Physically can...			
Locomotor skills	<ul style="list-style-type: none"> run in different directions and be spatially aware move sideways, hop along a line, jump over small obstacles and land with balance 	B D C	
Body control	<ul style="list-style-type: none"> start activities from a ready position maintain balance while rotating and stretching throw a big ball in different directions by rotating trunk side to side. 	B D C	
During game play can...			
Serve	<ul style="list-style-type: none"> put the ball in play using different actions including underarm and overarm throw and underarm serve throw different distances and to different locations 	B D C	
Return	<ul style="list-style-type: none"> start from a ready position, move a short distance to the ball and meet it after the bounce on either side of the body e.g. catch with hands, catch in a cone and block with a racquet etc 	B D C	
Baseline	<ul style="list-style-type: none"> control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball with both sides of the racquet and on both sides of the body self rally with a bounce and hit in a small space hit a ball over the net using a short action from both forehand and backhand side (ball may be fed, self drop hit or hit off an object) 	B D C	
Net	<ul style="list-style-type: none"> volley a ball over the net on both forehand and backhand with a simple blocking action. 	B D C	
Socially / competitively can...			
Know the game	<ul style="list-style-type: none"> count the number of times a task is performed and number of shots in a rally define “in” and “out” in game situations demonstrate the basic shots of the game differentiate between the first and second bounce 	B D C	
Love the game	<ul style="list-style-type: none"> engage in all games and activities 	B D C	
Great sport	<ul style="list-style-type: none"> follow instructions cooperate with others and take turns. 	B D C	
Coach comment			
Progress report key			
Beginning = working on it Developing = making progress Competent = consistently performs this task			

Red stage – Explore

Player:		Coach:	
Club:		Date:	

All about Red Tennis

Typical age: 5–8	Court size: 3m x 11m or 6m x 12m
Racquet size: 21–23 inch	Ball: 25% compression red ball

Competencies

Skill	Description	Progress report
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Physically can...

Locomotor skills	<ul style="list-style-type: none"> move quickly in different directions, be spatially aware and stop on balance jump and hop in different ways 	B D C
Body control	<ul style="list-style-type: none"> throw a large ball using rotation of upper body throw and catch a small ball using one or two hands keep head still, coordinate arms and legs and maintain balance during movement. 	B D C

During game play can...

Serve	<ul style="list-style-type: none"> direct the serve over the net using an underarm or simple overarm serve 	B D C
Return	<ul style="list-style-type: none"> start from a ready position; use a simple low to high action with contact point in front and to the side on both forehand and backhand control the return into space and away from the server 	B D C
Baseline	<ul style="list-style-type: none"> judge the depth and direction of the ball effectively, arrive on balance and use a simple low to high action regularly keep the ball in play for 10–15 shots when rallying with a partner from the red baseline change the direction of the ball and hit into space in a rally situation 	B D C
Net	<ul style="list-style-type: none"> make a simple approach and perform a volley with control and consistency control the racquet face with a short forward movement . 	B D C

Socially/ competitively can...

Know the game	<ul style="list-style-type: none"> understand scoring systems and etiquette for calling lines keep score with the aid of a scoreboard i.e. using pegs, writing on court demonstrate where to stand when serving and returning 	B D C
Love the game	<ul style="list-style-type: none"> enjoy competition in a variety of formats e.g. games in lessons, colour ball challenges, play with family and friends work on improving a skill and trying to perform it better 	B D C
Great sport	<ul style="list-style-type: none"> cooperate with others in a pair and team situation listen actively to instructions and feedback call lines fairly and scores clearly and honestly. 	B D C

Coach comment	
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Progress report key

Beginning = working on it Developing = making progress Competent = consistently performs this task

Orange stage – Develop

Player:		Coach:	
Club:		Date:	
All about Orange Tennis			
Typical age: 8–10		Court size: 8m x 18m (3/4 court)	
Racquet size: 23–25 inch		Ball: 50% compression orange ball	
Competencies			
Skill	Description	Progress report	
Physically can...			
Locomotor skills	<ul style="list-style-type: none"> react quickly and adapt movement patterns, including forward, backward, sideways maintain balance while moving 	B D C	
Body control	<ul style="list-style-type: none"> perform different patterns and movements at the same time e.g. run, balance and hit keep head still, coordinate arms and legs and maintain balance during dynamic movements. 	B D C	
During game play can...			
Serve	<ul style="list-style-type: none"> serve with a balanced and rhythmical service action direct the serve into different areas of the service box by controlling the racquet face 	B D C	
Return	<ul style="list-style-type: none"> modify speed and direction of the service return return a variety of serves 	B D C	
Baseline	<ul style="list-style-type: none"> judge the depth, direction, speed and spin of the ball effectively, arrive on balance and use a simple circular swing move their opponent by changing the direction and speed of the ball effectively use spin in a rally situation begin to modify stance i.e. neutral to open in response to ball flight regularly keep the ball in play for 10–15 shots when rallying with a partner from the orange baseline rally crosscourt with a partner 	B D C	
Net	<ul style="list-style-type: none"> approach the net at the appropriate time during a rally control the racquet face during the volley and overhead to hit the ball into space. 	B D C	
Socially/competitively can...			
Know the game	<ul style="list-style-type: none"> keep score without the aid of a scoreboard understand the main rules of the game e.g. foot fault, let, don't touch the net understand basic tactics i.e. down the line and crosscourt understand personal strengths and areas of improvement list the four Grand Slam events 	B D C	
Love the game	<ul style="list-style-type: none"> enjoy competition in a variety of formats e.g. games in lessons, colour ball challenges, play with family and friends work on improving a skill and trying to perform it better 	B D C	
Great sport	<ul style="list-style-type: none"> understand the concept of fair play start to control emotions call lines fairly and score clearly and honestly. 	B D C	
Coach comment			
Progress report key			
Beginning = working on it Developing = making progress Competent = consistently performs this task			

Green stage – Encourage			
Player:		Coach:	
Club:		Date:	
All about Green Tennis			
Typical age: 10–12		Court size: Full court	
Racquet size: 25–27 inches		Ball: 75% compression green ball	
Competencies			
Skill	Description	Progress report	
Physically can...			
Locomotor skills	<ul style="list-style-type: none"> react quickly and adapt footwork and movement patterns, including movement forwards, backwards and sideways keep great posture and maintain balance from a wide, narrow, and one legged base 	B D C	
Body control	<ul style="list-style-type: none"> catch and throw with one hand on both sides maintain balance when using different stances keep head still and shoulders level during dynamic movements change body height through good use of the legs. 	B D C	
During game play can...			
Serve	<ul style="list-style-type: none"> use a rhythmical service action, coordinate both arms and legs to aid weight transfer, accelerate racquet, add spin to second serve direct the serve to the forehand or backhand of the opponent differentiate speed and spin on first and second serves 	B D C	
Return	<ul style="list-style-type: none"> react quickly and direct the return down the line and cross court, as tactically appropriate change spin and speed of return to attack or defend 	B D C	
Baseline	<ul style="list-style-type: none"> rally crosscourt for 10–15 shots varying height over the net, depth, speed and spin anticipate and move appropriately to different ball flights maintain dynamic balance through shots use a circular swing on both sides to develop racquet head speed and adapt contact point as required. 	B D C	
Net	<ul style="list-style-type: none"> use approach, drive volley, volley and overhead in an offensive way. 	B D C	
Socially/competitively can...			
Know the game	<ul style="list-style-type: none"> identify their own game style (strengths and weaknesses) assess opponent's game style implement a game plan based on strengths and weaknesses explain what went well in a match and what could be improved be aware of the best worldwide and Australian tennis players 	B D C	
Love the game	<ul style="list-style-type: none"> enjoy competition in a variety of formats e.g. colour ball challenges, play with family and friends, inter-club and local tournaments work on improving a skill and trying to perform it better 	B D C	
Great sport	<ul style="list-style-type: none"> display independence; pack their own bag for matches and practice, and complete a regular warm-up routine and practice regularly without the coach show respect for officials and opponents manage emotions in a competitive situation. 	B D C	
Coach comment			
Progress report key			
Beginning = working on it Developing = making progress Competent = consistently performs this task			