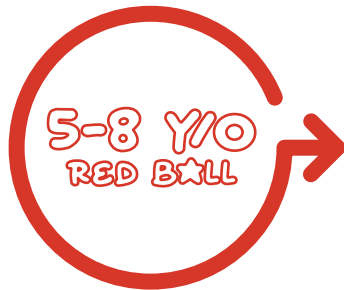


JUNIOR PATHWAY

- Red, Orange, Green and Yellow Ball tennis is the developmental pathway that is used by hundreds of countries for the development of their young junior tennis players, including France, Spain and other leading programs.
- When properly used, players progress faster and achieve more success sooner.



RED 5-8

- Introduction to tennis
- Focus on having fun while building athletic skills, agility, balance, coordination
- Learn basic racquet skills
- Intro to self rallying
- Intro to partner rallying
- Learn and underhand serve
- Intro to overhead serve



ORANGE 9-11

- Learn the proper grip for each stroke
- Intro to the proper swing paths of all strokes
- Develop self and partner rally skills
- Learn to construct points and keep score
- Intro to the Five Tactical priorities



GREEN 10-12

- Build a strong technical foundation
- Solidify the use of all proper grips
- Start to utilize the Five Tactical priorities in training, point play and match play settings



YELLOW 12-18

- Continue building a strong technical foundation
- Refine the use of all proper grips
- Start developing game-style and construct points based on style of play
- Refine athletic foundations to meet the demands of higher level play

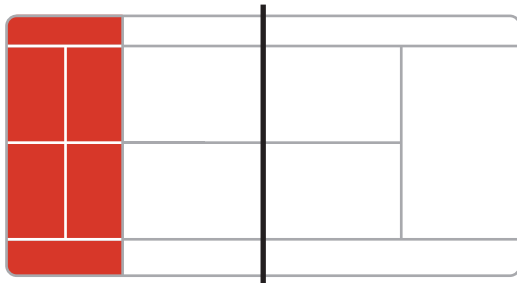


GET STARTED. LEARN. LEVEL UP.

RED



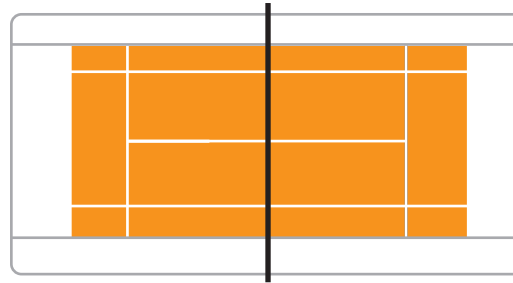
The tennis journey starts with the red level. Red balls can be made of foam or felt, are larger, bounce lower and travel slower than the standard yellow ball making it easier to learn and acquire skills.



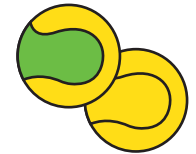
ORANGE



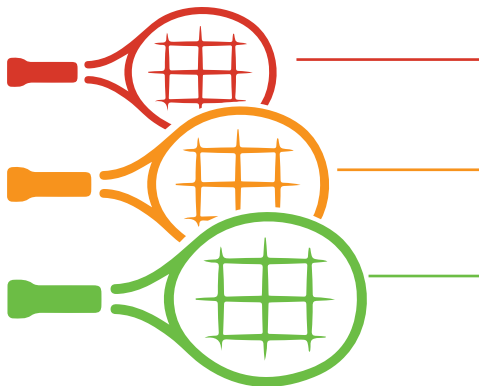
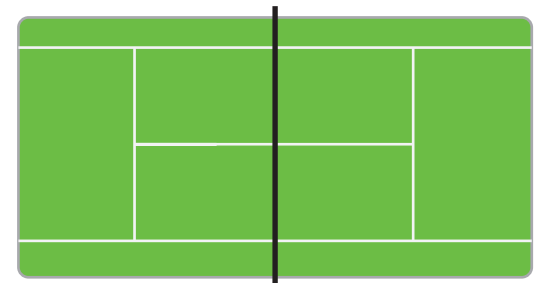
Orange balls travel through the air faster and farther than the red ball and have the same size as the regular yellow ball but are lighter and bounce lower.



GREEN & YELLOW



Green balls have the same size and weight as a regulation ball but still have a slightly lower bounce to make the transition to a full-size 78' court much easier.



Up to 23"

For ages 5-8

23"-25"

For ages 9-11

25"-27"

For ages 11+

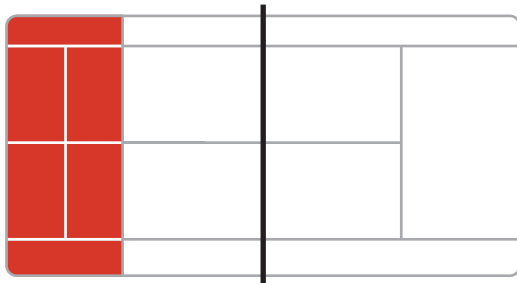
- A proper transition from the red to orange to green ball should be based on sound technique and tactical competencies rather than impatience to skip from one level to the next.
- There is a normal decrement in performance with each transition phase, and this decrement can be much greater if a premature transition is made.
- When children transition too quickly from one ball to another, there is a much greater likelihood that they will develop technical flaws as a means of compensating for developmentally inappropriate play.

GET STARTED. LEARN. LEVEL UP.

RED



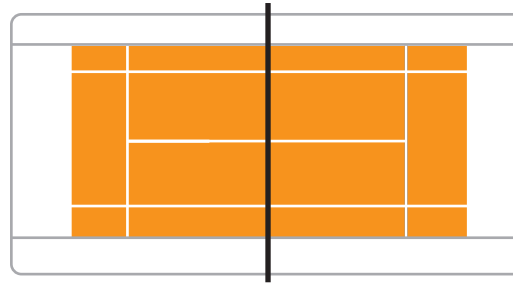
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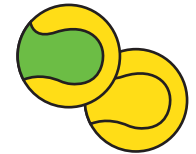
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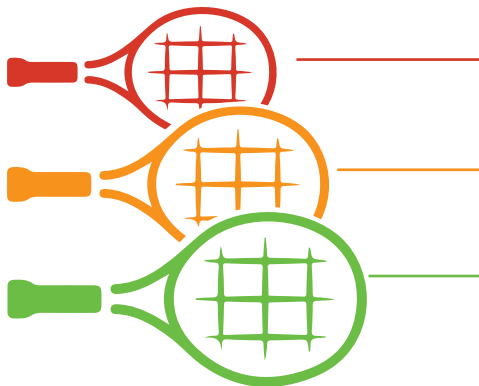
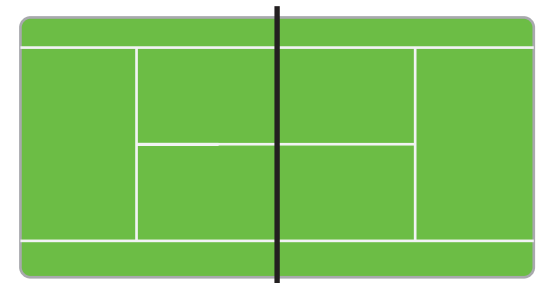
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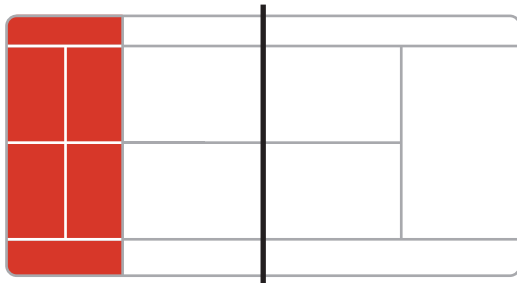
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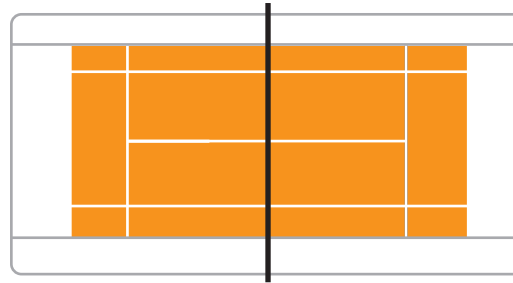
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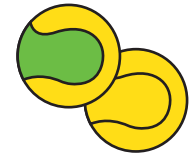
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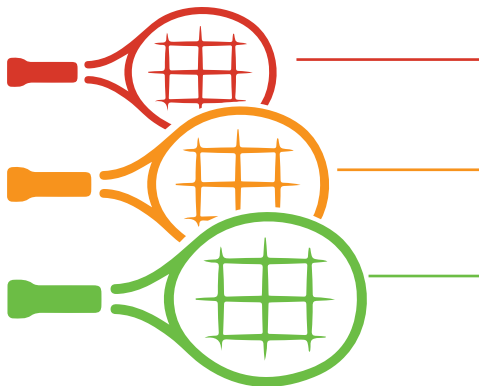
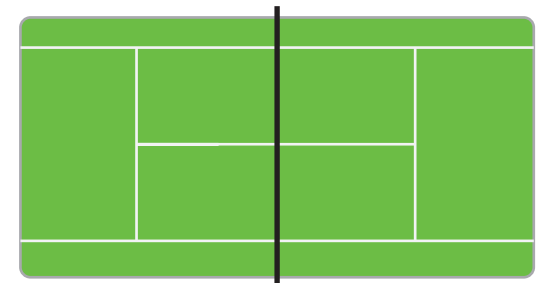
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