



JUNIOR SESSIONS EXPLAINED

MINI TENNIS RED

• Mini Tennis Red is for players aged 8 and under. It is played on small courts with short rackets and soft balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots.

• What age is Mini Tennis Red aimed at?
Mini Tennis Red is for players aged 8 & under.

• What ball is used?
A foam or felt ball is used which is 75% slower than a yellow ball.

• What size court is red ball played on?
A court with dimensions of 11m x 5.5m or 12m x 6m.

• What racket is best to use?
A shorter racket of 43cm – 58 cm (17" – 23") is recommended depending on the size and strength of the player.

• What kind of competitions are there at Mini Tennis Red?
Players are encouraged to play fun competitions in teams and as individuals, with short matches using tie-break scoring.



MINI TENNIS ORANGE

Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red and is for players aged 8 and 9. It is played with shorter rackets, softer balls and courts are bigger and wider than the red stage, but still smaller than full-size tennis courts, allowing players to develop a rounded game whilst learning a range of techniques and tactics.

It is the next stage before playing on a full sized court and helps players develop different shots and tactics.

• What age is Mini Tennis Orange aimed at?
Mini Tennis Orange is for players aged 8 and 9.

• What ball is used?
An orange ball is used which is 50% slower than a yellow ball, giving players better control at this important stage of development.

• What size court is Mini Tennis Orange played on?
Mini Tennis Orange is played on a 18m x 6.5m court.

• What racket is best to use?
A racket of 58cm – 63 cm (23" – 25") should be used depending on the size and strength of the player.

• What kind of competitions are there at Mini Tennis Orange?
At Mini Tennis Orange there are team and individual competitions with matches using tie-break scoring - usually the best of three tie-breaks.



BEGINNER (3) INTERMEDIATE (2) GROUPS

These are players new to tennis / have only played a few times before or an improver who is improving technical and co-ordination skills, whilst getting to know the rules.

INTERMEDIATE/ADVANCED (1) GROUPS

These are players who know the rules and are consistent with their ground strokes or those who have good technical ability and are regularly playing tournaments.

SENIOR PRIVILEGES

Friday Social evening / Adult sessions / Team matches

Improving to a level where they feel comfortable joining in with adults or to get their senior privileges

U12 - U16 IMPROVER

Tennis leaders

coach's assistant helping in squads with the younger age groups

U14 - U18 ADVANCED

U12 - U14 ADVANCED

MINI TENNIS GREEN

Mini Tennis Green is a great way for players to continue their progress from Mini Tennis Orange. It is played on a full size tennis court, with bigger rackets and balls which are a little softer than yellow balls.

It's the next stage before moving on to full compression yellow balls on a full sized court and helps players develop and improve all aspects of their game.

• What age is Mini Tennis Green aimed at?
Mini Tennis Green is for players aged 9 & 10.

• What ball is used?
A green ball is used, which is 25% slower than a yellow ball.

• What size court is Mini Tennis Green played on?
Mini Tennis Green is played on a normal size court.

• What racket is best to use?
A bigger racket of 63cm – 66cm (25" – 26") should be used but not compulsory.

• What kind of competitions are there at Mini Tennis Green?
At Mini Tennis Green there are individual and team competitions, with scoring extended to short sets.