Age 4-5

Children in this age group are highly active, but still need to develop physical strength. They are learning how to move and are working on their fine motor skills, and tend to have a fairly short attention span.

The focus for this group is to work on skills such as throwing, catching, running and jumping, and to develop agility, balance, coordination and ball tracking techniques. Great value will be placed on creating a fun and energizing environment, in which the children will learn good sportsmanship and teamwork.

Some of the specific skills that will be taught include:

- Controlling the racquet and the ball
- Learning to hit the ball at the side of the body
- Receiving and hitting on either side of the body
- Introduction to serving, rallying and volleying

Equipment and Gear

Tennis Balls

Children need a ball that is sized and paced to their playing abilities. A regulation tennis ball moves too fast, bounces too high and is too heavy for the smaller racquet. Each age group, therefore, uses a ball better suited to their size and unique playing ability. For children aged 7 and under, a very low-compression ball moves slower, bounces lower and travels less distance. The red felt ball is slower and lighter than the yellow ball and is recommended for this age group. Appropriate balls will be provided by the club.

Racquets

For an adult player to succeed at tennis, racquet control is essential; the same goes for children. However, since they are smaller than adults, children have trouble controlling full-size racquets. They are too long, too heavy and the grips are too large. Children need racquets that are proportionate in length and weight and have a grip that fits their smaller hands; for the 4-5 age range, we suggest a racquet size of 19” or 21”. Children need to bring their own racquets to class.
**Age 6-7**

Fun continues to be of paramount importance for children of this age group. As children mature physically, many gross motor skills are being developed; for example, throwing has more body turn and weight transfer. Reaction speed, concentration and focus are improving, but many children still find tracking and making contact with a ball difficult. They seek adult approval frequently and are learning the concept of winning and losing.

The focus for this group is to continue workings on skills such as throwing, catching, running and jumping, and to further develop agility, balance, coordination and ball tracking techniques. Modified scoring will be introduced. Great value will be placed on creating a fun and energizing environment, in which the children will learn good sportsmanship and teamwork.

Some of the specific skills that will be taught include:

- Better controlling the racquet and the ball
- Receiving and hitting on either side of the body
- Further focus on serving, rallying and volleying techniques
- Introduction to modified scoring and footwork

**Equipment and Gear**

**Tennis Balls**

Children need a ball that is sized and paced to their playing abilities. A regulation tennis ball moves too fast, bounces too high and is too heavy for the smaller racquet. Each age group, therefore, uses a ball better suited to their size and unique playing ability. For children aged 7 and under, a very low-compression ball moves slower, bounces lower and travels less distance. The red felt ball is slower and lighter than the yellow ball and is recommended for this age group. Appropriate balls will be provided by the club.

**Racquets**

For an adult player to succeed at tennis, racquet control is essential; the same goes for children. However, since they are smaller than adults, children have trouble controlling full-size racquets. They are too long, too heavy and the grips are too large. Children need racquets that are proportionate in length and weight and have a grip that fits their smaller hands; for the 6-7 age range, we suggest a racquet size of 21” or 23”. Children need to bring their own racquets to class.
Age 8-9

Children in this age group are better able to concentrate and focus for longer periods of time. Physically, they have more refined motor skills and, with practice, show fluent and well-developed skills. The children of this age group are becoming more independent and are able to understand the concept of winning and losing, and enjoy being on teams.

The focus for this group is to continue working on skills such as throwing, catching, running and jumping, and to further develop agility, balance, coordination and ball tracking techniques. Cool downs, warm ups, modified scoring, and more complex coordination will be incorporated. Great value will be placed on creating a fun and energizing environment, in which the children will practice good sportsmanship and teamwork. They will also be taught about proper hydration and nutrition, and how to cope with winning and losing.

Some of the specific skills that will be taught include:

- Controlling the forehand and backhand
- Further focus on serving, rallying and volleying techniques
- Modified scoring and footwork
- Learning the basic patterns of serve, return and rally

Equipment and Gear

Tennis Balls

Children need a ball that is sized and paced to their playing abilities. A regulation tennis ball moves too fast, bounces too high and is too heavy for the smaller racquet. Each age group, therefore, uses a ball better suited to their size and unique playing ability. For children in this age group, the orange low compression ball is recommended, which is the same size as a yellow ball, but is lighter, travels slower through the air and bounces lower. Appropriate balls will be provided by the club.

Racquets

For an adult player to succeed at tennis, racquet control is essential; the same goes for children. However, since they are smaller than adults, children have trouble controlling full-size racquets. They are too long, too heavy and the grips are too large. Children need racquets that are proportionate in length and weight and have a grip that fits their smaller hands; for the 8-9 age range, we suggest a racquet size of 23” or 25”. Children need to bring their own racquets to class.
Age 10-12

Children in this age group are better able to concentrate and focus for longer periods of time. Physically, they have more advanced motor skills and show greater endurance. They also have a better understanding of the concepts of winning and losing, and the rules of the game.

The focus for this age group is to refine and perfect stroke production and to develop tactical skills. Children will also continue working on skills such as throwing, catching, running and jumping, and to further develop agility, balance, speed, coordination and ball tracking techniques. Cool downs, warm ups, scoring, and more complex coordination will be incorporated. Great value will be placed on creating a fun and energizing environment, in which the children will practice good sportsmanship and teamwork. They will also be taught about proper hydration and nutrition, and how to cope with winning and losing.

Some of the specific skills that will be taught include:

- Rallying skills using forehand and backhand ground strokes, focused on speed, direction and spin
- Focus on serves, volleys, overheads and lobs
- Scoring and rules of the game
- Singles play vs. Doubles play

Equipment and Gear

Tennis Balls

Children need a ball that is sized and paced to their playing abilities. A regulation tennis ball moves too fast, bounces too high and is too heavy for the smaller racquet. Each age group, therefore, uses a ball better suited to their size and unique playing ability. For children in this age group, the green ball is recommended, which is slightly lighter and slower than a yellow ball, giving children more time to get to and return shots. Appropriate balls will be provided by the club.

Racquets

For an adult player to succeed at tennis, racquet control is essential; the same goes for children. However, since they are smaller than adults, children have trouble controlling full-size racquets. They are too long, too heavy and the grips are too large. Children need racquets that are proportionate in length and weight and have a grip that fits their smaller hands; for the 10-12 age range, we suggest a racquet size of 25” or 26”. Children need to bring their own racquets to class.