

## RED BALL: 8 AND UNDER PROGRAM GET STARTED. MOVE ON!

**Red Ball** Balls bounce lower and move more slowly through the air, giving beginner players a chance to set up and take a good swing at the ball. Courts at this level are 36 feet long, and 18 feet wide, with a net that is 2-foot-9.

Red Ball players focus on fundamental skills for the hands and feet for the ABCs (agility, balance and coordination).

- **Tiny Shots 1:** Age 4. Introductory program focusing on hand-eye coordination, balance and movement. Students will also learn basic stroke mechanics through fun games.
- **Tiny Shots 2:** Age 5 and 6. Students will develop hand-eye coordination, balance, movement skills and stroke mechanics via fun games. Rallying skills will be implemented into the lessons.
- **Big Shots:** Ages 6-8. This class focuses on self and partner rallying skills to fine tune fundamentals for future development. The goal in this class is to develop control and consistency with proper mechanics and be able to rally with the pro or partner 6 to 10 times inside the 36" court.

Here is a look at the NEXT LEVEL UP from Red Ball "Big Shots" to Orange Ball.

### **ORANGE BALL: Age 8 and up.**

Once comfortable at the Red Ball level, players graduate to playing at the Orange Ball level. Orange felt balls bounce higher and move faster than the Red felt or foam balls but lower and slower than the Green Ball. They are a step toward the traditional yellow tennis ball while still remaining fun and manageable for players learning the game. Courts at this level are 60 feet by 21 feet for singles and 60 feet by 27 feet for doubles. The net is 3 feet at the center and 3-foot-6 at the net posts.

