



PROGRESSIVE TENNIS TOOL KIT



Version 7.7

INSTRUCTOR COURSE RESOURCES

WHAT IS PROGRESSIVE TENNIS?

- **A system of scaled down courts, racquets and modified balls, adapted for the size of children.**
- **To promote early success and speed up development of fundamentals.**
- **Also used for starter adults and Wheelchair players.**

Videos: Click links to access videos. If the link is inactive, paste the address on your browser bar.

- **The rules of Tennis are changing**
<http://www.tennisplayandstay.com/tennis10s/rule-changes/the-10-and-under-competition-rule-change.aspx>
- **Introduction to Progressive Tennis**
<http://www.youtube.com/instructorcert#p/a/u/0/nHowFlqji8l>
- **Example at the Grant Connell Tennis Centre**
<http://www.youtube.com/acecoach2008#p/a/19B8256AD318BFF2/0/FrI4Jp3SHtM>

WHAT IS PROGRESSIVE TENNIS?

“SCALING” IS A COMMON PRACTICE IN MANY SPORTS:



A proper sized environment makes sense:



A WORLD-WIDE INITIATIVE



PLAY+STAY

tennis

10s

INTERNATIONAL TENNIS FEDERATION

Tennis...Play & Stay/Tennis 10's

**SLOWER
BALLS,
SMALLER
COURTS,
BETTER
JUNIORS**

Slower balls help develop technique and tactics sooner and are vital for producing high level juniors.



ITF As recommended by
The International Tennis Federation
tennisplayandstay.com

**SLOWER
BALLS,
SHORTER
RACKETS,
EASY GAME**

PLAYERS AGED UNDER 10 SHOULD LEARN TENNIS USING SLOWER RED, ORANGE OR GREEN BALLS AND SHORTER RACKETS

Players under 10 should use slower balls so that they have more time and control, develop technique more easily and can serve rally and score sooner.



ITF As recommended by
The International Tennis Federation
tennisplayandstay.com

**PLAY
TENNIS
...FAST**

STARTER PLAYERS SHOULD USE SLOWER RED, ORANGE AND GREEN BALLS TO MAKE TENNIS EASIER AND MORE FUN TO PLAY

Players starting tennis with slower red, orange and green balls have more time and control, develop technique quicker and are able to serve rally and score sooner.

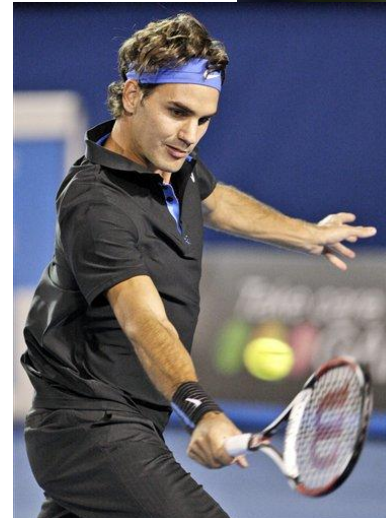
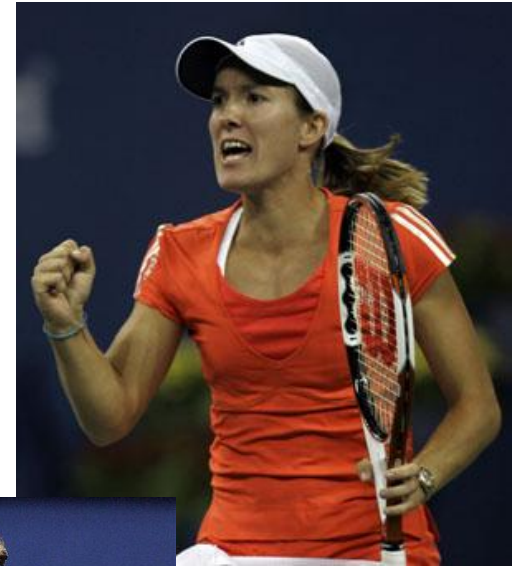


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A WORLD-WIDE INITIATIVE

Standard practice of top European tennis nations

- ▶ **Belgium:** Justine Henin
grew up on Progressive Tennis
- ▶ **Switzerland:** Roger Federer
is the official spokesperson
- ▶ **France:** A well established
national system



A WORLD-WIDE INITIATIVE

US organizations are even building dedicated Progressive Tennis facilities:



A WORLD-WIDE INITIATIVE

Countries that adopt the system are using a “3-prong” approach

1. DEVELOPMENT PROGRAMS & RESOURCES



2. COMPETITIVE STRUCTURE



3. COACHING EDUCATION



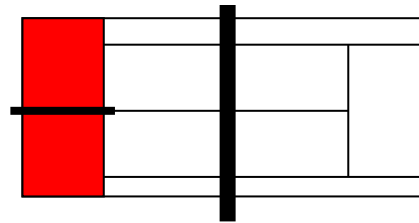
PROGRESSIVE TENNIS SYSTEM

3 STAGES: (official international colour-coding)

RED 1/2 COURT TENNIS

Advanced Stream: 5-7 yrs

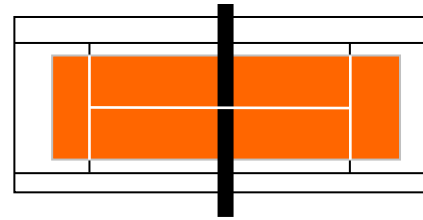
Recreational Stream: 5-8 yrs



ORANGE 3/4 COURT TENNIS

Advanced Stream: 7-9 yrs

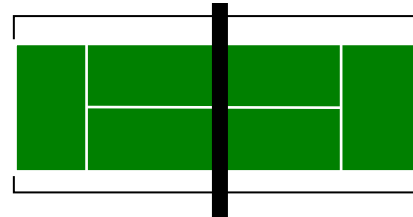
Recreational Stream: 9-11 yrs



GREEN FULL COURT TENNIS

Advanced Stream: 9-10 yrs

Recreational Stream: 12+ yrs



PROGRESSIVE TENNIS SYSTEM

4 INTEGRATED COMPONENTS

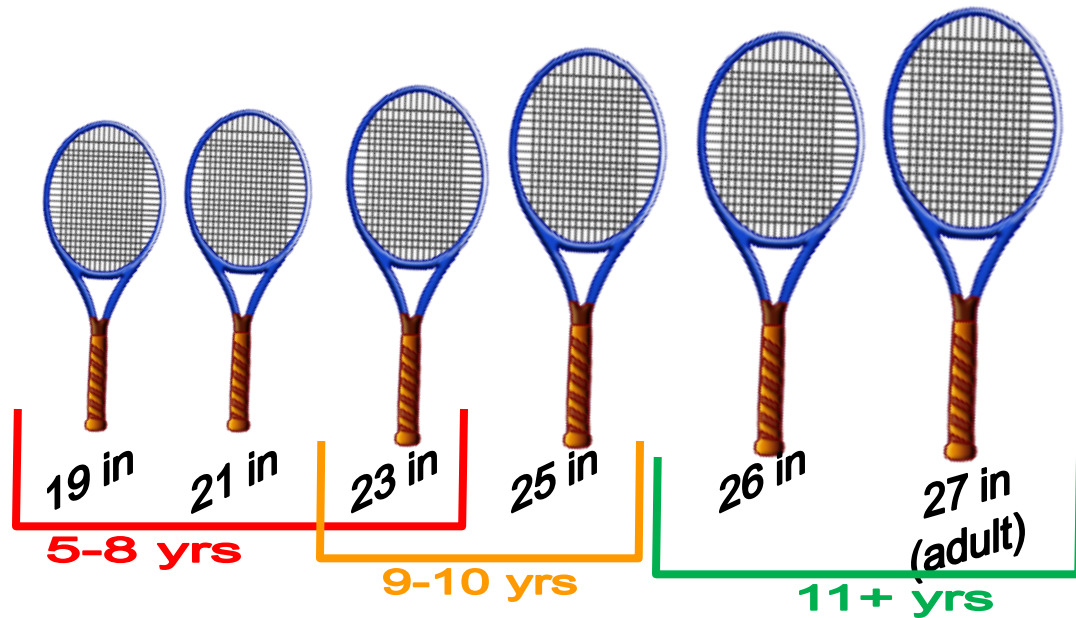
1. Court
2. Ball
3. Racquet
4. Scoring/Competition



PROGRESSIVE TENNIS SYSTEM

RACQUET GUIDE

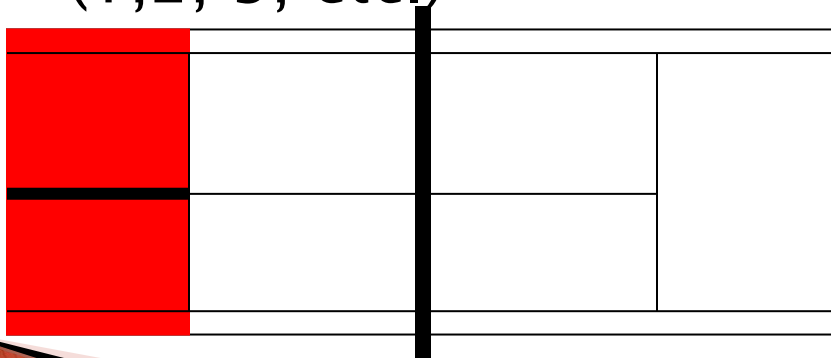
The racquet that touches their fingers when they are standing beside it is the correct size



RED ½ COURT

INTEGRATED COMPONENTS:

1. **Court:** 36 long x 18 feet wide. Net is 80 cm / 31.5 inches high
2. **Ball:** Oversized foam/felt
3. **Racquet:** 19–23 inch
4. **Scoring:** Numerical (1, 2, 3, etc.)



RED ½ COURT

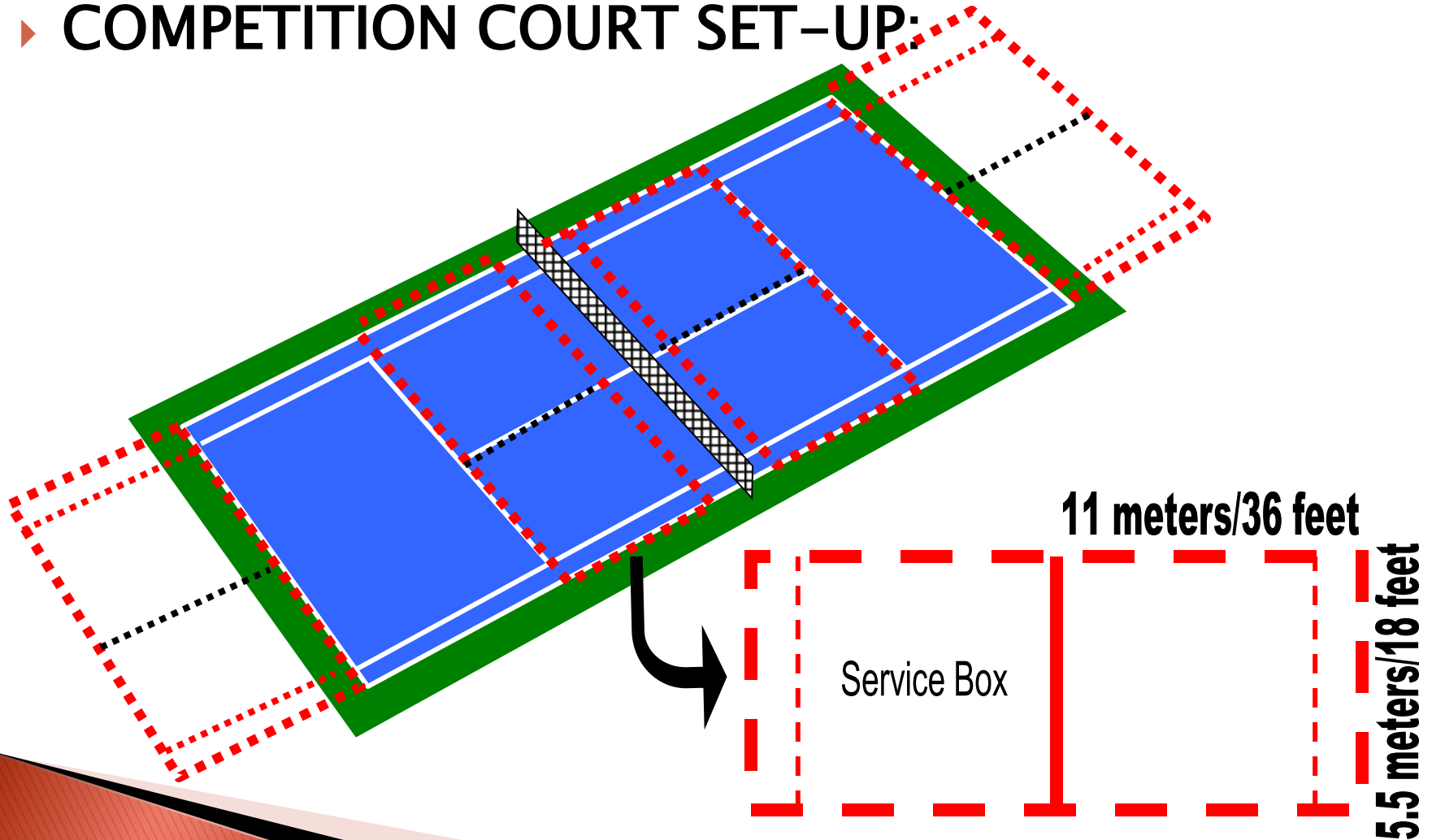
RULES for COMPETITION:

- ▶ Non-Elimination formats
- ▶ Scoring Options:
 - Short Games with timed play
 - First to 15,11
- ▶ Mixed genders
- ▶ Serves:
 - Can be underhand or overhand
 - Alternate serve every 2 points



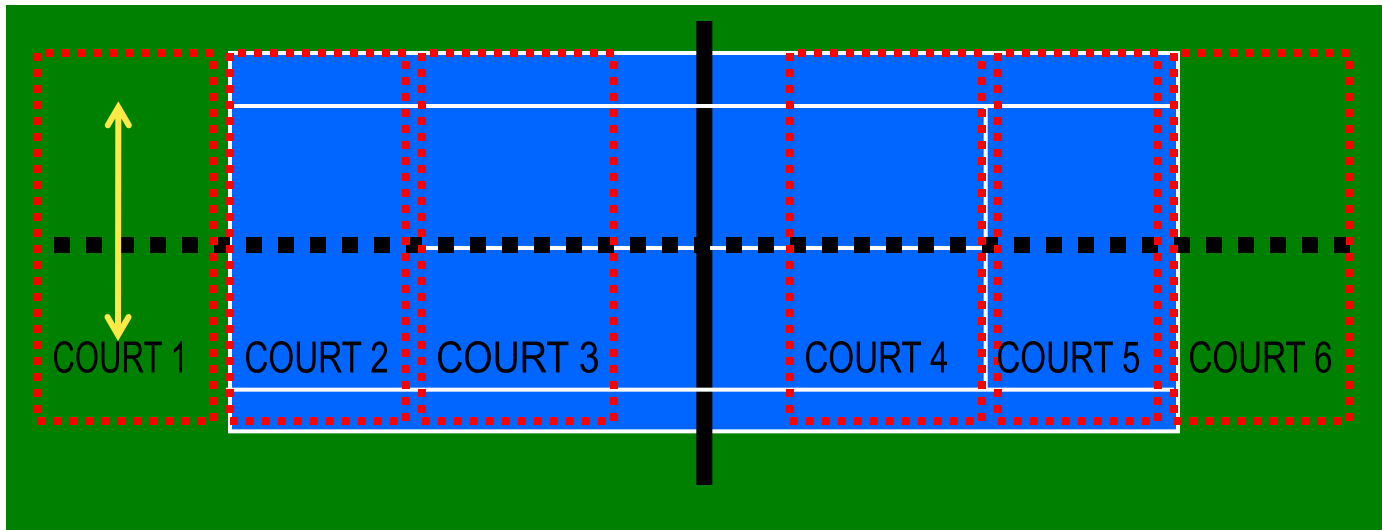
RED ½ COURT

▶ COMPETITION COURT SET-UP:

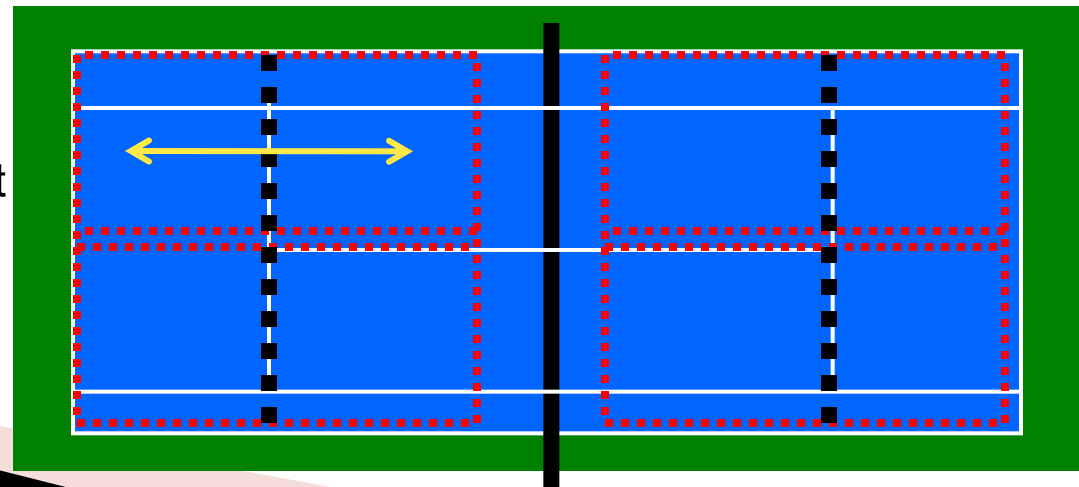


RED ½ COURT

▶ TRAINING COURT SET-UP:



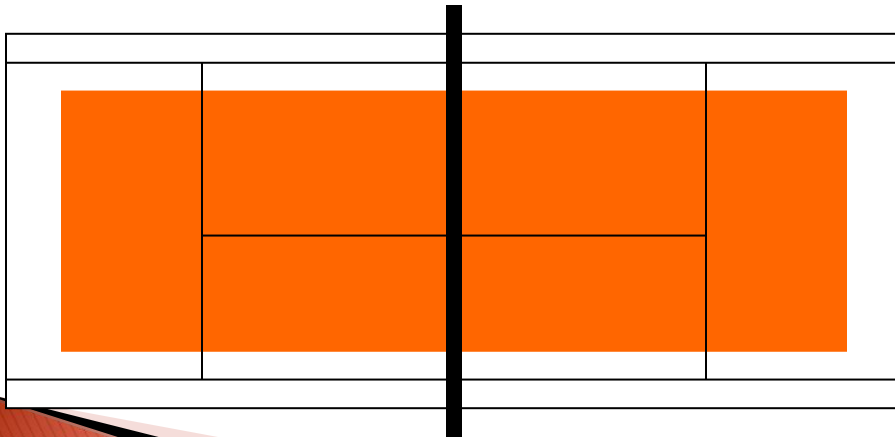
Alternative set-up for courts that do not have the option to play sideways:



ORANGE $\frac{3}{4}$ COURT

INTEGRATED COMPONENTS:

1. **Court:** 60 feet long x 21 feet wide. Net is 80 cm / 31.5 inches high
2. **Ball:** Low-compression
3. **Racquet:** 23–25 inch
4. **Scoring:** Short set. No ad



ORANGE $\frac{3}{4}$ COURT

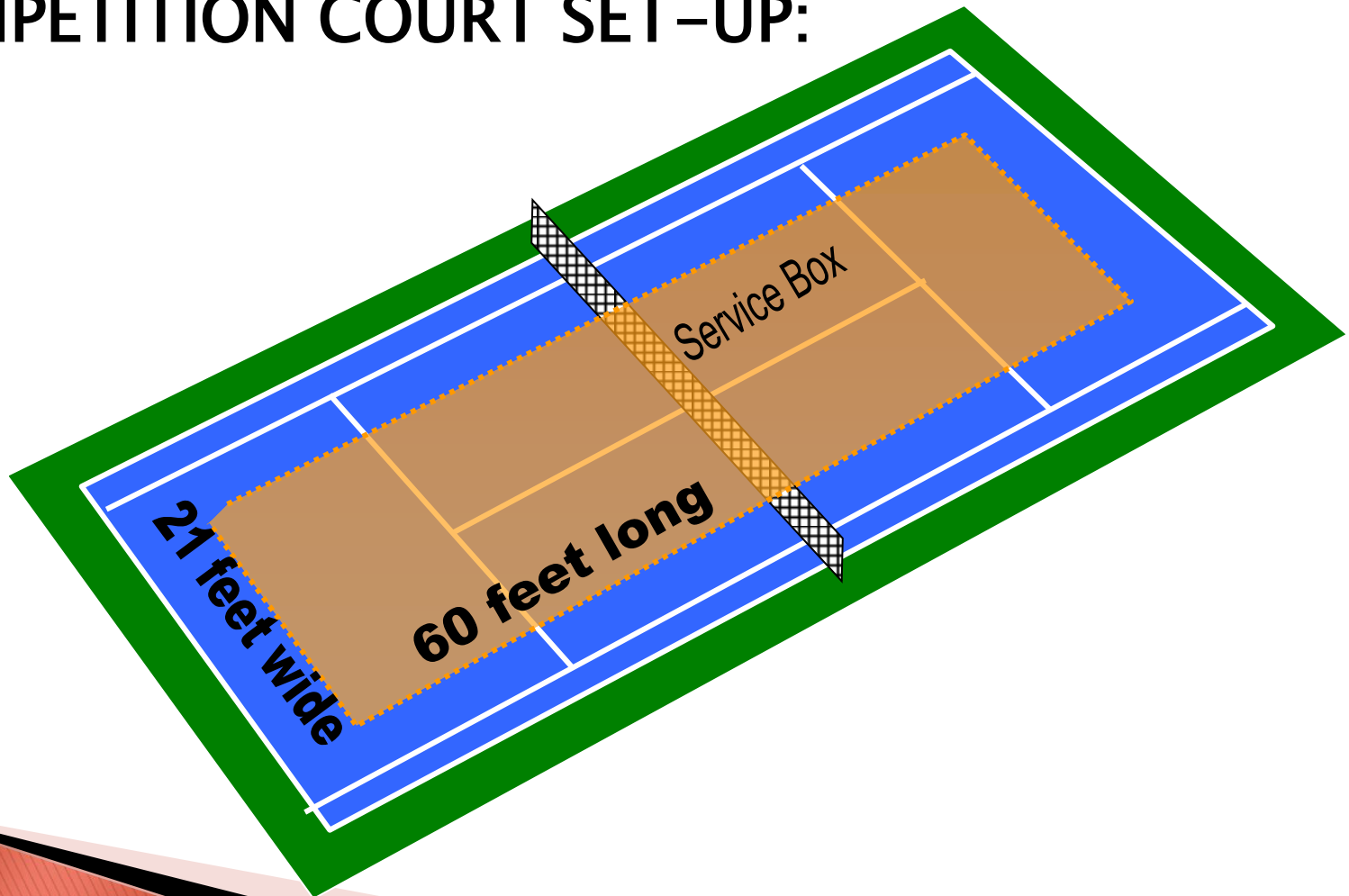
RULES for COMPETITION:

- ▶ Non-Elimination formats (Round Robin)
- ▶ Scoring:
 - Best of 3 Short Sets (1st to 4, tie breaker at 3-3)
 - Regular tie-breaker as the 3rd set
 - No-ad scoring
- ▶ Mixed genders
- ▶ Serves:
 - Regular serving into service boxes



ORANGE $\frac{3}{4}$ COURT

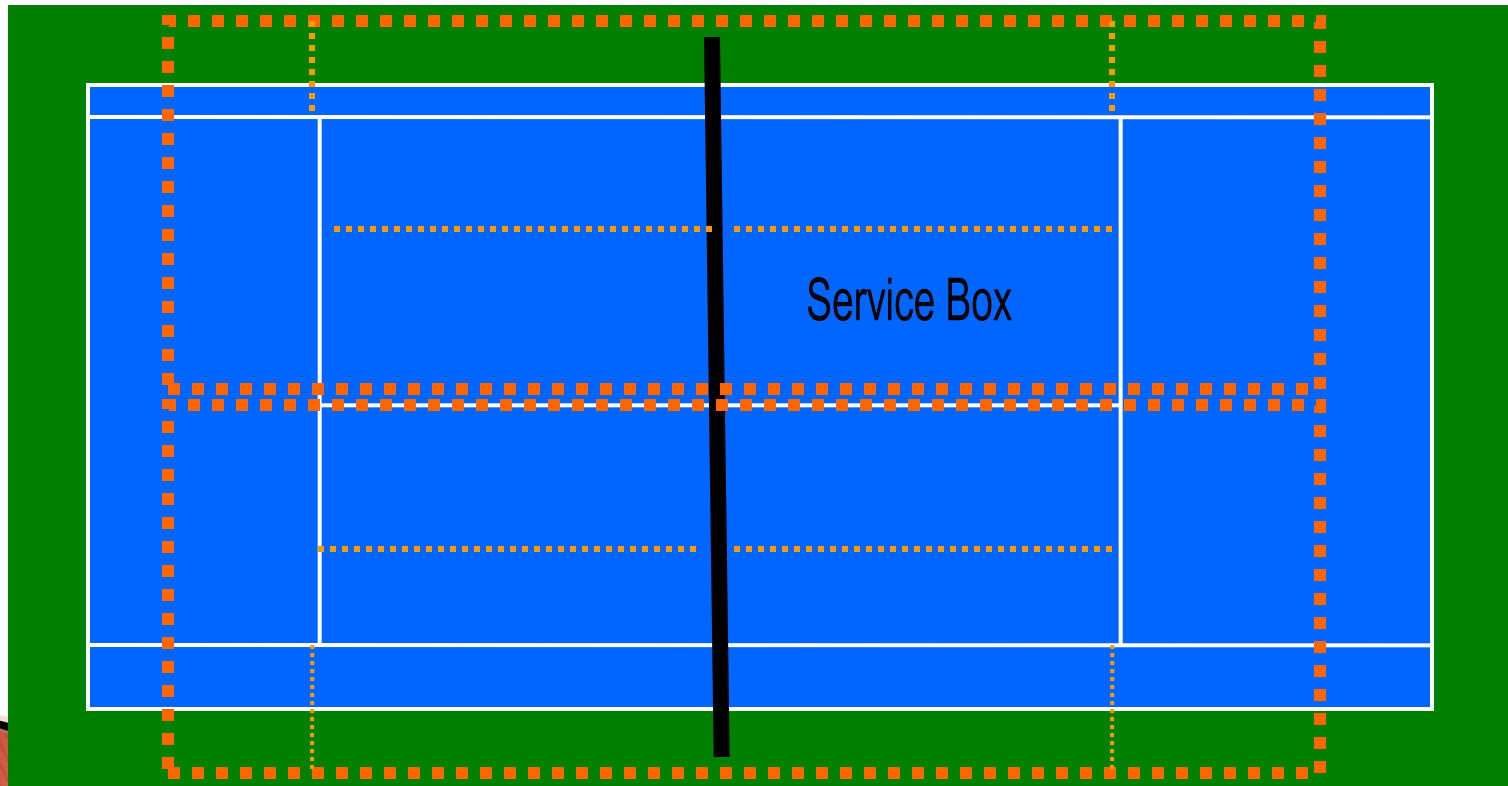
COMPETITION COURT SET-UP:



ORANGE $\frac{3}{4}$ COURT

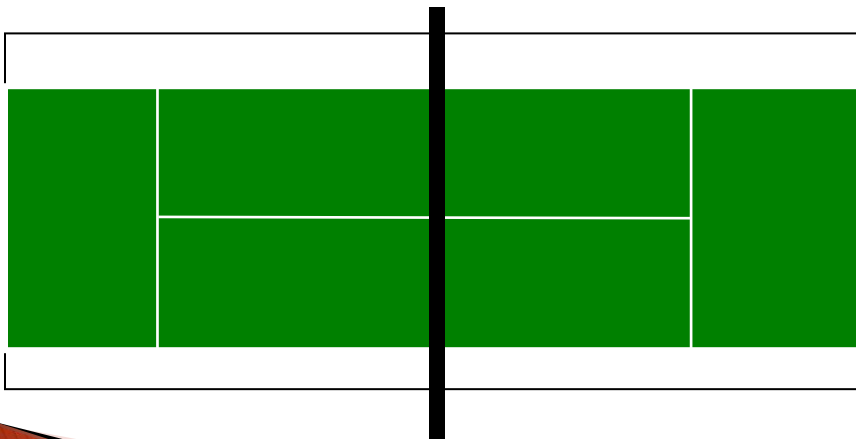
TRAINING COURT SET-UP:

- Two Orange courts fit onto one regulation court
- Orange sidelines go just outside of net post



GREEN FULL COURT TRANSITION

- ▶ Regulation tennis but with a Transition ball
- ▶ U10 Provincial level competitions in Canada use a Green ball



Application to Adults

▶ Accelerated progressions within a program

Example: <http://www.youtube.com/instructorcert#p/a/u/0/bclZ2rV2gZk>

- Lesson 1 – ½ Court (Red ball)
- Lesson 2 – Serviceline (Orange ball)
- Lesson 3 – ¾ Court (Orange ball)
- Lesson 4 – Full Court (Green ball)
- League – (Green ball)



Application to Wheelchair Players

- ▶ Players can experience success even with limited mobility and movement



RESOURCES

- ▶ Tennis Canada: Tennis Professionals Association (TPA) (go to 'Progressive Tennis' menu)
www.tpacanada.com
- ▶ International Tennis Federation Tennis 10's website
<http://www.tennisplayandstay.com/tennis10s/overview.aspx>
- ▶ [acecoach.com](http://www.acecoach.com)
<http://www.acecoach.com/>
- ▶ United States Tennis Association website
<http://10andundertennis.com/>
- ▶ Evolve 9: Specialty website for 10 and under tennis
<http://www.evolve9.com/>