



Junior Coaching @ Rowledge TC

Tots Tennis – Ages 3-4 years old – Fun skills session designed to work on the key fundamentals of tennis including balance, agility and coordination as well reception and sending skills.

Mini Tennis Red – Ages 5-8 years old – Tennis played on small courts with smaller rackets and bigger tennis balls. This allows the players to learn the game on a smaller scale developing their ability to rally and move like a tennis player.

Mini Tennis Orange – Ages 8-9 years old – Played on $\frac{3}{4}$ of the court with softer balls which allows the players to develop their tactics further and improve their understanding of how to play matches.

Mini Tennis Green – Ages 9-10 years old – Full court tennis with slightly slower tennis balls to allow the players to develop their technical and tactical play. This stage is the final transition to the faster yellow ball

Junior Squads – Ages 11 and above – Players improve their tactical and technical skills to allow them to play both competitively and socially.