



Pathways to Tennis Success



Toddler Tennis

What Do They Learn?

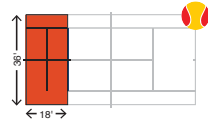
1. Acquire a more positive Body Image
2. Learn that their body can move according to different Speeds
3. Obtain an understanding of Force
4. Gain an understanding of Flowing Movement
5. Interact within the environment using Age Appropriate Equipment Toddler Toys



Racquetiers

What Do They Learn?

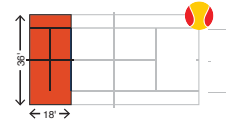
1. Increased sense of body awareness
2. More positive body image
3. Increase their body management
4. Learn how the body moves according to different speeds
5. An understanding of force
6. An understanding of flowing movement
7. To interact within the environment with peers
8. Interact using age appropriate equipment
9. Increased spatial awareness; direction, range, levels & pathways



Red 1

What Do They Learn?

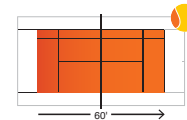
1. Tracking a ball
2. Correct Movement Form used in (running, jumping, skipping, hopping, ABC's, starting, stopping, changing directions)
3. Eye-hand coordination
4. Basic Two hand catching and throwing
5. Racquet Control
6. Simple swing shape
7. Cooperative play (one on one or with small group of peers)
8. Introduction to the concept of rallying



Red 2

What Do They Learn?

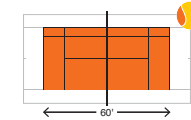
1. Tracking and moving to the ball
2. Dynamic movements/ increased body control – move, stop, balance, hit, recover
3. Sending and receiving a ball
4. Self-feed to build a rally
5. Technique – consistency, contact point between the knees and waist, longer swing shape, direction
6. Tactics – redirecting a ball to the open court



Orange 1

What Do They Learn?

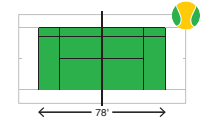
1. Track and move to a quicker hit ball
2. Adept at the ABCs
3. Enhanced footwork patterns
4. Technique – different grips, lower and higher contact points, longer and faster swing shape, more sophisticated service motion.
5. Tactics –approach to the ball, net play
6. Offensive strategies
7. Intro to doubles



Orange 2

What Do They Learn?

1. Increased Reaction time
2. Dynamic footwork and court positioning
3. Whole body balance and coordination
4. Building core strength
5. Technique – loading and unloading, spins, speeds, angles, racquet face control, offensive serve and efficient return
6. Tactics –being proactive throughout play
7. Defensive strategies and counter-punching
8. Point play



Green

What Do They Learn?

1. More anticipation of where the ball will be hit
2. More core strengthening, whole body fitness, flexibility
3. Better footwork, adding backward movement
4. Technique – variety of spins, speeds, angles, placement
5. Tactics – take away time, offensive-minded
6. Mental preparation

Agility, Balance & improved Coordination

Every child can benefit from a creative understanding of the Racquetiers' **A, B, & Cs**

Agility, Balance & improved Coordination

Competencies for Progression to Next Level?

Must: Score 60% or better during evaluation of 1 thru 6

Should: Understand and engage in 7

Could: Be familiar with and understand 8

Competencies for Progression to Next Level?

Must: Score 60% or better during evaluation of 1 thru 5

Should: Understand 6

Could: Execute 6

Competencies for Progression to Next Level?

Must: Score 60% or better during evaluation of 1 thru 5

Should: Understand 6

Could: Understand and Execute 7

Competencies for Progression to Next Level?

Must: Score 60% or better during evaluation of 1, 2, 3, & 5

Should: Understand and execute 4, 6, & 7

Could: Be familiar with and engage in 8

Competencies for Progression to Next Level?

Must: Score 60% or better during evaluation of 1 thru 5

Should: Understand 6

Could: Engage in 6