

JUNIOR TENNIS

MPRD Tennis Pros concentrate on fundamental stroke development, introduction of rules and scoring, while strongly emphasizing *sportsmanship*. With this foundation, our junior players are able to experience match play quickly. As players progress, competition and strategy is stressed preparing players for USTA tournaments and scholastic tennis.

RED Ball Ages 4-7

Low compression or foam red balls are used. These balls are larger, bounce slower and not as high as a regulation tennis balls. Players use 19-23 inch racquets on a 36 foot court equipped with a smaller net. Smaller court dimensions and specialized equipment allow players to rally immediately creating the optimal teaching environment and an enjoyable learning experience.

ORANGE Ball Ages 8-10

Low compression orange balls and 23-25 inch racquets are used on a 60 foot court equipped with a 36 inch net. The orange ball is the same size as a regulation tennis ball but bounces slower and lower for proper stroke development. These players are introduced to match play in preparation for USTA 10 and Under Tournaments.

GREEN Ball Ages 10-16

These players are equipped with full size racquets, green balls and play on a full size court. Green balls are identical in size to regulation tennis balls but bounce slightly lower enabling young players to sustain a rally. This group prepares for play on area scholastic teams.

YELLOW Ball

These players are developing sound fundamentals and are using regulation ball and court. This group meets for 90 minutes, and extensive fitness, drilling and match play is emphasized. They are working towards USTA tournament play, middle and high school tennis.

