

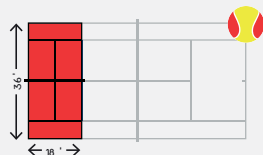
# Advantage QuickStart Tennis

## A Pathway for Skills, Confidence, Fun--the Beginning of Success



### Red 1 (Foam)

Age: 4-6  
Timeframe: 6 – 18 months  
Ball: Red foam/felt  
Court: 36'x18'  
Racquet: Up to 21"



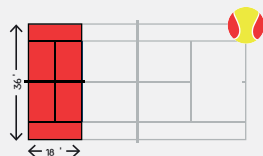
Student is a beginner. Learns basic hand-eye skills and basic racquet skills, and becomes familiar with the concept of playing tennis.

Home practice: Catching and throwing under-hand/overhand.



### Red 2 (Felt)

Age: 5-8  
Timeframe: 6 – 18 months  
Ball: Red felt  
Court: 36'x18'  
Racquet: Up to 21"



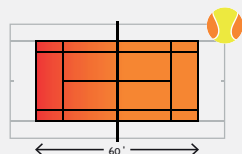
Student can hit the ball consistently over the net with instructor. Student learns basic technique for fundamental tennis strokes (forehand, backhand, volley, and serve).

Home practice: Practice juggling a ball up 10 times in a row and dribbling a ball down 10 times in a row with racquet.



### Orange

Age: 6-9  
Timeframe: 6 – 18 months  
Ball: Orange felt  
Court: 60'x21'  
Racquet: 23"-25"



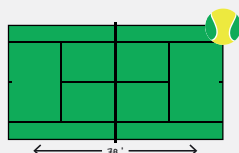
Student can maintain an extended rally with instructor using basic technique. Student learns intermediate technique for footwork, net play, and serves. Student learns how to play points, keep score, and basic strategy.

Home practice: Rally a ball 15 times against a wall or backboard. Practice serving against a wall or on a 60' court.



### Green

Age: 8-12  
Timeframe: 6 – 18 months  
Ball: Green felt  
Court: 78'x27'  
Racquet: Up to 27"



Student can rally, place the ball with intention, using spins, varying speeds and angles. Student can play the ball in transition and move to the net. Student can place the volley for winners when necessary. Student can execute the serve and hit the ball fat or with spin. Student is beginning to understand strategy and tactics.

Home practice: Participate in club's match play program and begin to play USTA tournaments. Work to qualify for the Green Ball Team, which is limited to students who display the talent, drive, ambition and commitment of serious players.

