

**RED BALL (AGES 5-8)**

Ball/Court Size: Small 36 ft court and red balls which are light, move slowly, and bounce low.

Racket size: 19-21 inch racket. (Bigger rackets make it more difficult to keep the ball in play).

Player Profile: This clinic is suitable for first time players as well as younger kids who have been playing for a few years.

What we do in class: Kids are divided into small groups based on age and ability. Kids will learn the basic stroke fundamentals for forehand, backhand, volley, overhead, and serve. As they progress, they will begin rallying and playing points.

When is it time to move up: Kids who are able to have sustained rallies with red balls should explore moving up to an orange ball class

**ORANGE BALL (AGES 7-10)**

Ball/Court Size: 60 foot court with orange balls, which are heavier, move faster, and bounce higher than red balls.

Racket size: 23-25 inch racket. Most will want a 23. 25 can be tough to keep ball in play, but some bigger kids can use it.

Player Profile: This clinic is suitable for 9 or 10 year olds who are just starting to play tennis as well as 7-10 year olds who have been playing for a few years. Kids should already be able to rally a bit with orange balls to be in the class.

What we do in class: Kids will continue to develop technique on forehand, backhand, volley, overhead, and serve. Stronger players will be introduced to adding spin to their shots and use of continental grip on volleys, overheads, and serves.

When is it time to move up: Once kids are having sustained rallies and able to consistently direct their shots toward a target, they can explore moving up to green ball.

**GREEN BALL (AGES 9-12)**

Ball/Court Size: Full sized 72 ft court and green balls which are heavier, move faster, and bounce higher than orange balls.

Racket size: 25-27 inch racket. Most kids will want 26. But smaller kids could still use 25 inch and bigger kids could try a full size 27 inch.

Player Profile: This clinic is suitable for kids ages 9-12 who have been playing for a few years. Kids should be able to rally to be in this class.

What we do in class: More advanced technique on all strokes is taught- forehand, backhand, volleys, serve, overhead, and lobs. Most players should be starting to add spin to their shots and be able to consistently get their serves in.

When is it time to move up: Once players are having long rallies with the green ball and directing shots toward targets, they can explore moving up to yellow ball classes. When moving from green to yellow, often it is the size/strength of the player as much as their tennis skill that determines whether they're ready to advance. RB Tennis strongly believes if players can not maintain good form when switching to yellow balls, they are better served staying in green ball.



** YELLOW BALL 1 (90 MINUTES) MIDDLE SCHOOL**

Ball/Court Size: Full sized 72 ft court with regular yellow balls.

Racket Size: 26-27. Smaller kids will benefit from the smaller 26 inch racket. Bigger kids would want a full size 27 inch racket.

Player Profile:

This clinic is suitable for kids who are just transitioning from green ball to yellow ball or older players who are fairly new to tennis.

What we do in class:

Basic technique is emphasized with a focus on learning to rally, serve, and play points.

When is it time to move up:

Once players are able to have 5-10 shot rallies consistently, hit serves in with pace consistently, and are able to volley and hit overheads, they should consider joining the two-hour yellow ball 1 class.

** YELLOW BALL 1 (2 HOURS) MIDDLE SCHOOL**

Ball/Court Size: Full sized 72 ft court with regular yellow balls.

Racket Size: 27 full size

Player Profile: This clinic is suitable for more experienced. Students are expected to be able to direct the ball and rally with consistency.

What we do in class: Advanced stroke techniques and strategies are taught. Point playing and competition play is an integral role in this class.

When is it time to move up: Coach Recommendation

** YELLOW BALL 2 (2 HOURS) HIGH SCHOOL**

Ball/Court Size: Full sized 72 ft court with regular yellow balls.

Racket Size: 27 full size

Player Profile: This clinic is suitable for high school students who have extensive experience and likely play on their high school teams.

What we do in class: Advanced techniques, strategy, footwork and competition are the focus in this class.

