



WSRC Junior Tennis Pathway

RED 2	AGE 4-7 COURT 36' BALL Red RACKET up to 23"	ATHLETIC SKILLS Moves Forward, Backward, Sideways. Catches w/ both hands to sides.	TENNIS SKILLS Knows forehand and backhand sides. Makes contact with ball off bounce.	MENTAL/CHARACTER Listening skills. Looks at coach while spoken to.	PRACTICE 30-60 min Up to 2X a week	COMPETITIVE Focus on fun and cooperation. Not Competition.
RED 1	AGE 5-8 COURT 36' BALL Red RACKET up to 23"	ATHLETIC SKILLS Read Bounce. Move all 4 directions. Rally over net and recover to center.	TENNIS SKILLS Proper contact point. Directional control on both sides.	MENTAL/CHARACTER Calls "In & Out" Keeps score.	PRACTICE 60 min Up to 2X a week	COMPETITIVE Junior Team Tennis Play with family/friends.
ORANGE 2	AGE 8-10 COURT 60' BALL Orange RACKET up to 25"	ATHLETIC SKILLS Use basic tennis movement patterns.	TENNIS SKILLS Control spin, direction, depth, height and pace	MENTAL/CHARACTER Coachability. Use feedback for improvement.	PRACTICE 60 min Up to 3X a week Begin Private Lessons	COMPETITIVE Play with family/friends.
ORANGE 1	AGE 8-10 COURT 60' BALL Orange RACKET up to 25"	ATHLETIC SKILLS Be able to execute loading, recovery and transition	TENNIS SKILLS Able to serve and play points.	MENTAL/CHARACTER Ability to deal with adversity during play.	PRACTICE 60 min Up to 3X a week including competition and/or private lesson.	COMPETITIVE Junior Team Tennis Play with friends. Begin tournament play.
GREEN 2	AGE 11-15 COURT 78' BALL Yellow RACKET 27"	ATHLETIC SKILLS Basic understanding of tennis footwork. Anticipation. Assesses opponents.	TENNIS SKILLS Anticipation. Assesses opponents.	MENTAL/CHARACTER Competitiveness w/ support of others.	PRACTICE 60-90 min Up to 3X a week including competition and/or private lesson.	COMPETITIVE Match Play. Junior Team Tennis
GREEN 1	AGE 11-15 COURT 78' BALL Yellow RACKET 27"	ATHLETIC SKILLS Advanced understanding of tennis footwork.	TENNIS SKILLS Uses continental grip. Consistent strokes. Can attack/defend.	MENTAL/CHARACTER Desire to compete in USTA or school team.	PRACTICE 60 - 90 min Up to 3X a week including competition and/or private lesson.	COMPETITIVE Match Play Junior Team Tennis USTA Tournaments
GREEN ADVANCED	AGE 11-14 COURT 78' BALL Yellow RACKET 27"	ATHLETIC SKILLS Tennis specific movements for competitive singles and doubles.	TENNIS SKILLS Technical/tactical singles and doubles skills.	MENTAL/CHARACTER Building tennis lifestyle for improvement and competition.	PRACTICE 60 - 120 min Up to 3X a week including competition and/or private lesson.	COMPETITIVE Match Play Junior Team Tennis USTA Tournaments
TOURNAMENT TRAINING	AGE 11-17 COURT 78' BALL Yellow RACKET 27"	ATHLETIC SKILLS Tennis specific movements for competitive singles and doubles.	TENNIS SKILLS High-level competitive standards.	MENTAL/CHARACTER Desire to Improve. Maintain tournament schedule.	PRACTICE 60 - 120 min Up to 3X a week including tournaments and private lessons.	COMPETITIVE Match Play USTA Tournaments High School Team