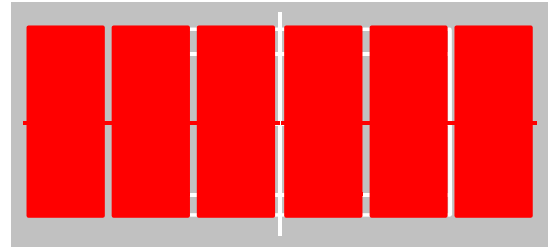


3 STAGES: Red, Orange and Green

RED

Court Layout and Sizes

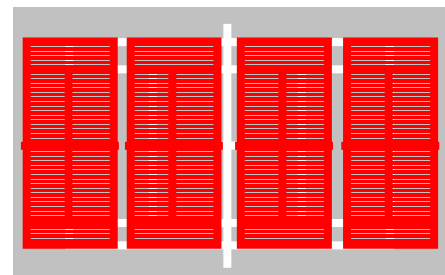
- 🎾 11m courts, with width ranging from 5-6 metres (though some coaches may use service boxes)
- 🎾 6 courts for coaching and 4 courts for competition



6 Courts - Used for coaching

Balls



- 🎾 Balls are oversize, cut or moulded foam, or the red felt indoor ball
- 🎾 The red ball on a red court allows starter players in Mini Tennis, and some starter adults, to serve, rally and score from the first lesson
- 🎾 Starter players can serve, rally and score by using slower balls on smaller courts because they have more time, less court to cover and because the slower ball is easier to control
- 🎾 Slower balls allow more longer rallies, giving a better work out
- 🎾 Slower balls are also important for better juniors because it allows them to develop better technique (contact point, control of ball and racket head speed) and to use the different tactics of the game










4 Courts – Used for competition

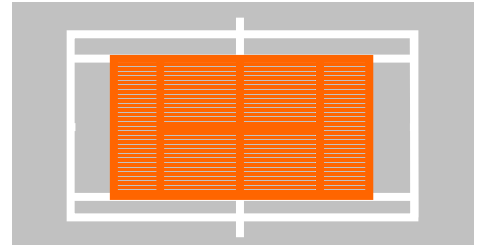
ORANGE

Court Layout and Sizes

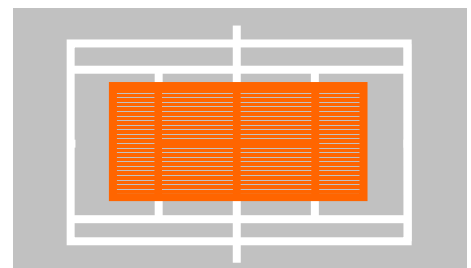
-  18m courts. Width of the court varies among nations (ranging from 8.23m to 6.5m), but length does not change
-  Two orange courts could be used for coaching only

Balls

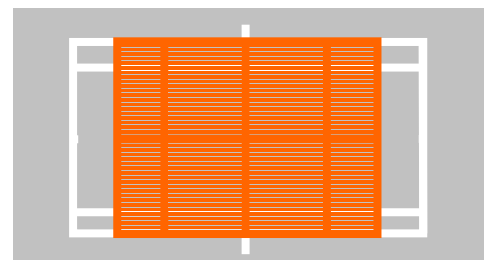
-  The orange ball is the same size as a tennis ball but has a lower compression, making it around 50% slower than a normal ball
-  The orange ball on an orange court allows starter players progressing from red to serve, rally and score from the first lesson
-  Many starter adults may start with this ball, to help them to serve, rally and score from the first lesson
-  Starter players can serve, rally and score by using slower balls on smaller courts because they have more time, less court to cover and because the slower ball is easier to control
-  The orange ball allows for differentiation if you have mixed abilities in the group, so that some play with an orange ball and some with a red or green ball
-  The orange ball allows more longer rallies, giving a better work out
-  The orange ball is important for better players because it allows them to develop better technique (contact point, control of ball and racket head speed) and to use the different tactics of the game



Orange Court – 18m x 8.23m




Orange Court – 18m x 6.5m

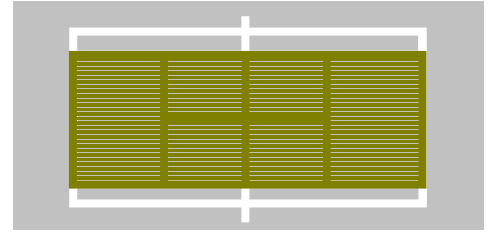


2 Orange Courts side by side for coaching

GREEN








Court Layout and Size

-  Full size singles court



Full size court

Balls

-  The green ball is the same size as a tennis ball but has a lower compression, making it around 25% slower than a normal ball but faster than an orange ball
-  The green ball on a green court allows starter players progressing from orange to serve, rally and score
-  Many starter adults may wish to progress to the green ball having started with an orange ball
-  Starter players can serve, rally and score by using slower balls because they have more time and the slower ball is easier to control.
-  The green ball allows for differentiation if you have some mixed abilities in the group, so that some play with a green ball and some with an orange or normal ball
-  The green ball can also be used by high level juniors who lack the size and strength to play with a normal ball, because it allows them to develop better technique (contact point, control of ball and racket head speed) and to use the different tactics of the game
-  The green ball is ideal for starter adult club competitions