AFTER THE TENNIS XPRESS COURSE

It is important that coaches provide all participants with suitable playing opportunities after the Tennis Xpress course so that they can continue to play and develop their tennis. Example opportunities may include:

1. Green or Yellow ball multi-match competitions
2. Club Box Leagues using short set matches
3. Team-based competitions
4. Green ball Club Night Mix In
5. Timed competition formats
6. Parent and Child competitions

WANT TO PLAY TENNIS WITH YOUR KIDS?

Tennis Xpress is an ideal course for parents who are new to tennis and whose children are participating in Tennis10s, the ITF 10-and-under tennis programme. After the Tennis Xpress course parents will be able to play tennis with their children.

GREEN VS. YELLOW BALL RESEARCH STUDY

Recent studies conducted show that players using the Green ball:

1. Made less errors and had longer rallies
2. Could implement tactics that they previously could not do with the Yellow ball because of the lower bounce
3. Developed the necessary techniques faster than with a Yellow ball

WHAT DO ADULTS WANT FROM TENNIS...?

Research conducted in three major tennis nations shows what adults consider very important when choosing leisure activities:

1. Health & exercise benefits and having a good workout
2. Social experience, meeting new people and a sense of belonging
3. Learning and improving at something new
4. Being able to participate at a time that suits them

It is the role of the coach to try to organise the Tennis Xpress course so that these important elements are incorporated into all the sessions.

A GUIDE TO

...PLAY TENNIS FAST!

Active and Dynamic Introduction for Adults

Tennis Xpress is an ideal course for parents who are new to tennis and whose children are participating in Tennis10s, the ITF 10-and-under tennis programme. After the Tennis Xpress course parents will be able to play tennis with their children.

British Prime Minister David Cameron and Mayor of London Boris Johnson playing tennis with the slower balls during a promotional event for the London 2012 Olympic and Paralympic Games.

For more information, go to: tennisplayandstay.com
**ABOUT Tennis Xpress**

Tennis Xpress is an active and dynamic introduction to tennis for starter adult players and is recommended by the ITF as the best way to learn the game.

The Tennis Xpress course is centred primarily on the use of the slower Green ball (25% slower than the regular Yellow ball). The Green ball is now an official ITF ball for all levels of national competition as per the ITF Rules of Tennis.

An important aim of the course is to ensure that starter adult players learn to play the game fast and can serve, rally and score, from the first lesson. By the end of the course they:

- know the basic techniques, tactics and the Rules of Tennis
- can play competitive points using the Green or Yellow ball on a full court

**TEENISS PLAY AND STAY CAMPAIGN**

Tennis Xpress is a supporting programme of the ITF Tennis Play and Stay Campaign.

Tennis Play and Stay is the ITF global campaign aimed at increasing tennis participation worldwide.

Fundamental to the Tennis Play and Stay campaign is the use in coaching and competition of the slower Red, Orange and Green balls, ensuring that the first experience of tennis is Easy, Fun and Healthy.

The campaign is supported by the ITF member nations, top professional players, tennis manufacturers and major coaching organisations.

**TEENNIS XPRESS COURSE OVERVIEW**

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Hours</th>
<th>Lesson objectives</th>
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| 1      | 0 - 1.5 | • Course welcome and introduction  
|        |       | • Developing basic tactics from the baseline  
|        |       | • Learning to score  
|        |       | • Developing a basic serve and return               |
| 2      | 1.5 - 3 | • Developing consistency from the baseline  
|        |       | • Moving the opponent from the baseline and maintaining good position |
| 3      | 3 - 4.5 | • Moving the opponent from the baseline and maintaining good position  
|        |       | • Moving the opponent using a basic serve and return |
| 4      | 4.5 - 6 | • Combining different game situations in singles  
|        |       | • Introduction to doubles  
|        |       | • Learning a simple one up, one back formation  
|        |       | • Developing consistency from the baseline in doubles |
| 5      | 6 - 7.5 | • Learning to play from the net in doubles  
|        |       | • Learning to play as a team in doubles             |
| 6      | 7.5 - 9 | • Playing a singles and doubles competition         |

*For the purpose of this Tennis Xpress, adult starter players are defined as those who are complete beginners to tennis; who have never played tennis before; or have received basic coaching but never played the game outside of a coaching session.

**COURSE FORMAT**

Tennis Xpress is designed as a 6 week course of 9-hours (6 x 1.5 hours). However the time can be adapted slightly by the coach to the situation they face in their club / tennis facility.

During the course, the slower Orange (50% slower) and Red (75% slower) balls are used alongside the slower Green ball (25% slower) wherever necessary to ensure that the players quickly learn the Rules of Tennis, the basic tactics and the basic techniques of tennis, in an active way.

The use of the slower Green ball is integral to Tennis Xpress and to help starter adult players to learn to play tennis fast. Coaches will need to adapt to using the slower balls for each player and teaching situation throughout the course.

By using the slower balls, the course offers sufficient learning and practice time in each lesson, allowing the players to develop the basic technique and tactics to be able to play successfully. At the same time all the players will have a great workout and a sociable and fun experience.

At the end of the Tennis Xpress course, the participating players will be assessed and provided with the most appropriate and suitable playing opportunities available to them using the Green or Yellow balls.

**GREEN**

- 25% SLOWER
- Standard ball 6.30-6.86cm

The Green ball is now an official ball under the ITF Rules of Tennis and can be used at all levels of competitive play at national level.

**OTHER SLOWER BALLS USED**

- **ORANGE** 50% SLOWER
  - Standard ball 6.00-6.86cm
- **RED** 75% SLOWER
  - Foam ball 8.00-9.00cm
  - Standard ball 7.00-8.00cm