



## **Mini (5-10 years old) & Junior (11-18 years old) Tennis Programme.**

The club has a full coaching programme, starting at age 5 all the way through to 18 year olds. The club offers individual and group coaching for all standards from complete beginners to players competing at regional and national level. The club offers a development and a performance pathway so that we can cater for every player's goals and needs. The club runs internal competitions so that students are able to compete within a fun and familiar environment.

### **Mini Tennis (5-10 Years Old):**

Mini-Tennis is an initiative from the Lawn Tennis Association (LTA) which is for children aged between 5-10. With smaller courts, nets and rackets and lower bouncing balls, LTA Mini Tennis offers the perfect introduction to the sport, with the same fun and energy that a full game of tennis brings. There are 3 stages of LTA Mini Tennis; Red, Orange and Green, each with their own court size and type of ball. This tailored approach enables players to develop vital skills and techniques at an early age.

### **Mini Tennis stages explained:**

#### **Mini Tennis Red – How it Works**

- Mini Tennis Red is for players aged 8 and under. It is played on small courts with a lower net (80 cm), short rackets and soft balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots.
- A foam or felt ball is used which is 75% slower than a yellow ball.
- A court with dimensions of 11m x 5.5m or 12m x 6m.
- A shorter racket of 43cm – 58 cm (17" – 23") is recommended depending on the size and strength of the player.
- Players are encouraged to play fun competitions in teams and as individuals, with short matches using tie-break scoring.

#### **Mini Tennis Orange – How it Works**

- Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red and is for players aged 8 and 9. It is played with shorter rackets, softer balls and courts are bigger and wider than the red stage but still smaller than full-size tennis courts, with a lower net at 80 cm in the middle, allowing players to develop a rounded game whilst learning a range of techniques and tactics.
- It is the next stage before playing on a full sized court and helps players develop different shots and tactics.
- An orange ball is used which is 50% slower than a yellow ball, giving players better control at this important stage of development.
- Mini Tennis Orange is played on a 18m x 6.5m court.
- A racket of 58cm – 63 cm (23" – 25") should be used depending on the size and strength of the player.
- At Mini Tennis Orange there are team and individual competitions with matches using tie-break scoring - usually the best of 3 tie-breaks.

#### **Mini Tennis Green – How it Works**

- Mini Tennis Green is a great way for players to continue their progress from Mini Tennis Orange. It is played on a full size tennis court with the net at full height, with bigger rackets and with balls which are a little softer than yellow balls. It's the next stage before moving on to full compression yellow balls on a full sized court and helps players develop and improve all aspects of their game.
- A green ball is used, which is 25% slower than a yellow ball.
- Mini Tennis Green is played on a normal size court. Doubles matches should also be played on a normal size court with singles sticks in place (if available).
- A bigger racket of 63cm – 66cm (25" – 26") should be used but not compulsory.
- At Mini Tennis Green there are individual and team competitions, with scoring extended to short sets.

### **After Mini Tennis – Junior Programme (11-18 Years Old)**

At this stage, players will be perfecting their game more so than learning basic techniques from scratch; and will almost certainly take part in the internal club tournaments (if they wish) and optionally take part in other inter-club competitions for children up to 18 and the Road to Wimbledon competition (for children up to 14). As players progress through teenage years, they may also enter the Singles Box Leagues that are running at present in the club. This will bring them into contact with other older teenagers and adult members. They may also be invited to play for one of the Dorchester Tennis & Squash Club league teams and take part in individual national or regional singles or doubles competitions.

For Tennis coaching enquiries please contact Sarah Skidmore on 07976 618672 or email: [sarah.skidmore66@gmail.com](mailto:sarah.skidmore66@gmail.com)