

Created by





PROGRESSIVE TENNIS

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WHAT IS PROGRESSIVE TENNIS?

- **A system of scaled down courts, racquets and modified balls, adapted for the size of children.**
- **To promote early success and speed up development of fundamentals**
- **Can be used for starter adults & disabled players**

Video: "Progressive Tennis Final Pictures"

<http://www.youtube.com/user/acecoach2008>

A WORLD-WIDE INITIATIVE

“SCALING” IS A COMMON PRACTICE IN MANY SPORTS:



A proper sized environment makes sense:

Navratilova demonstrates challenge of improper sized equipment

A WORLD-WIDE INITIATIVE

INTERNATIONAL TENNIS FEDERATION

Tennis...Play & Stay



**SLOWER
BALLS,
SMALLER
COURTS,
BETTER
JUNIORS**

Slower balls help develop technique and tactics sooner and are vital for producing high level juniors.



ITF As recommended by
The International Tennis Federation
tennisplayandstay.com

**SLOWER
BALLS,
SHORTER
RACKETS,
EASY GAME**

PLAYERS AGED UNDER 10 SHOULD LEARN TENNIS USING SLOWER RED, ORANGE OR GREEN BALLS AND SHORTER RACKETS

Players under 10 should use slower balls so that they have more time and control, develop technique more easily and can serve rally and score sooner.



ITF As recommended by
The International Tennis Federation
tennisplayandstay.com

**PLAY
TENNIS
...FAST**

STARTER PLAYERS SHOULD USE SLOWER RED, ORANGE AND GREEN BALLS TO MAKE TENNIS EASIER AND MORE FUN TO PLAY

Players starting tennis with slower red, orange and green balls have more time and control, develop technique quicker and are able to serve rally and score sooner.

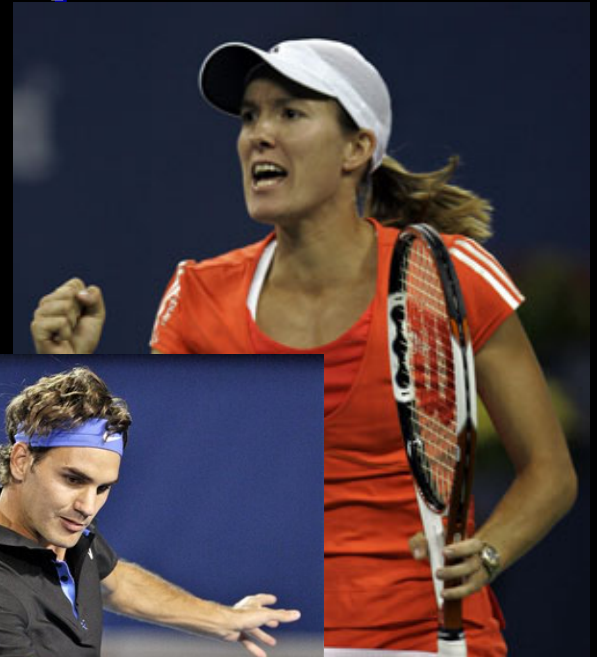


ITF As recommended by
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A WORLD-WIDE INITIATIVE

Standard practice of top European tennis nations

- **Belgium:** Justine Henin grew up on Progressive Tennis
- **Switzerland:** Roger Federer is the official spokesperson
- **France:** A well established national system



A WORLD-WIDE INITIATIVE

US organizations are even building dedicated Progressive Tennis facilities:



A WORLD-WIDE INITIATIVE

Countries that adopt the system are using
a “3-prong” approach

1. DEVELOPMENT PROGRAMS & RESOURCES



2. COMPETITIVE STRUCTURE



3. COACHING EDUCATION

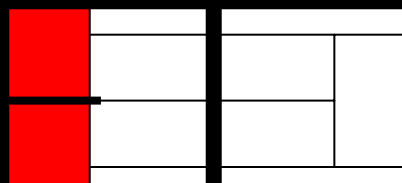


Progressive Tennis Coaching Workshop

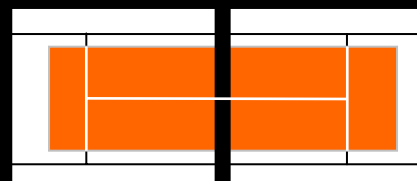
PROGRESSIVE TENNIS SYSTEM

3 STAGES: (official international colour-coding)

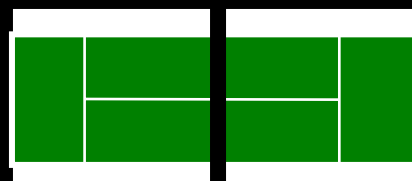
1/2 COURT TENNIS
(5-7 year olds)



3/4 COURT TENNIS
(7-9 year olds)



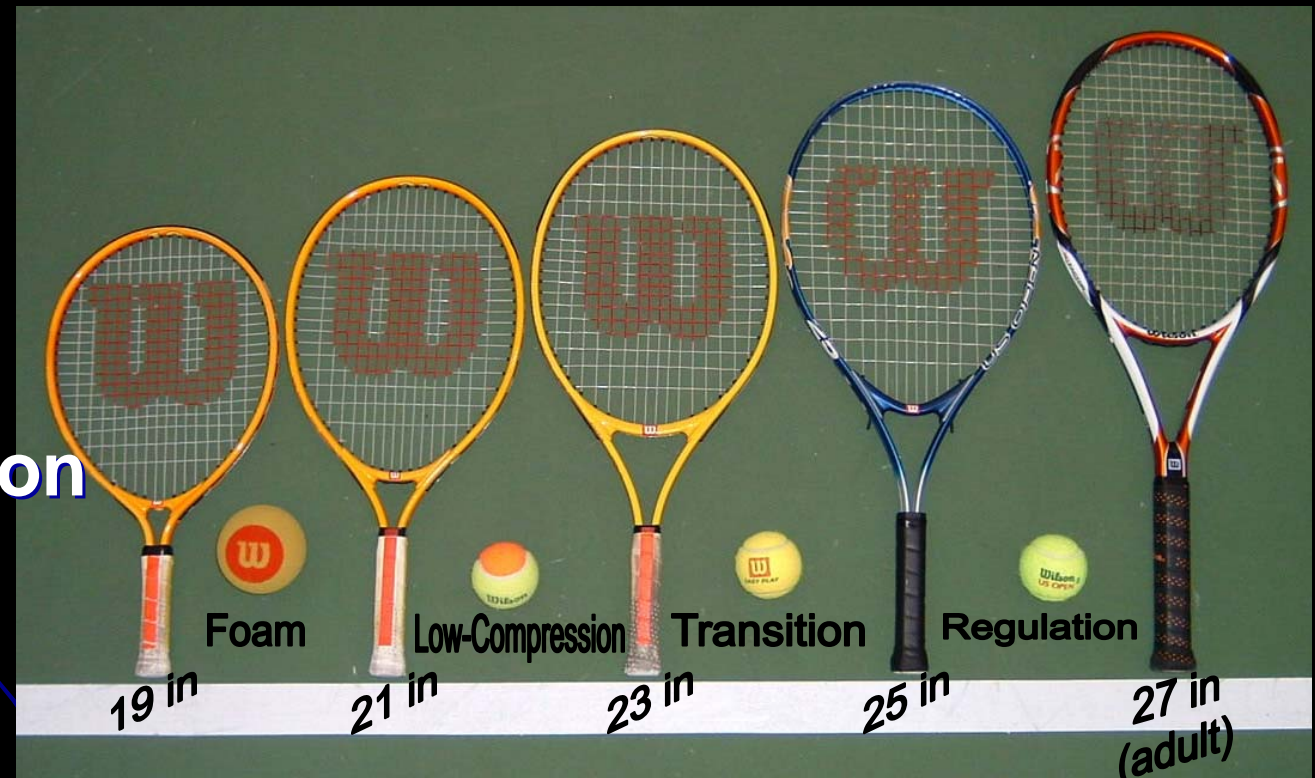
FULL COURT TENNIS
(9-10 year olds)



PROGRESSIVE TENNIS SYSTEM

4 INTEGRATED COMPONENTS

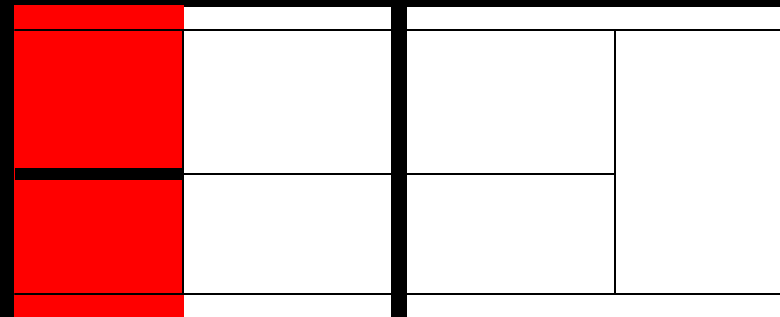
1. Court
2. Ball
3. Racquet
4. Scoring/
Competition



1/2 COURT (5-7 YRS)

INTEGRATED COMPONENTS:

1. **Court:** 36 long x 18 feet wide. Net is 80 cm /31.5 inches high
2. **Ball:** Oversized foam
3. **Racquet:** 19-23 inch
4. **Scoring:** Single Point



½ COURT (5-7 YRS)

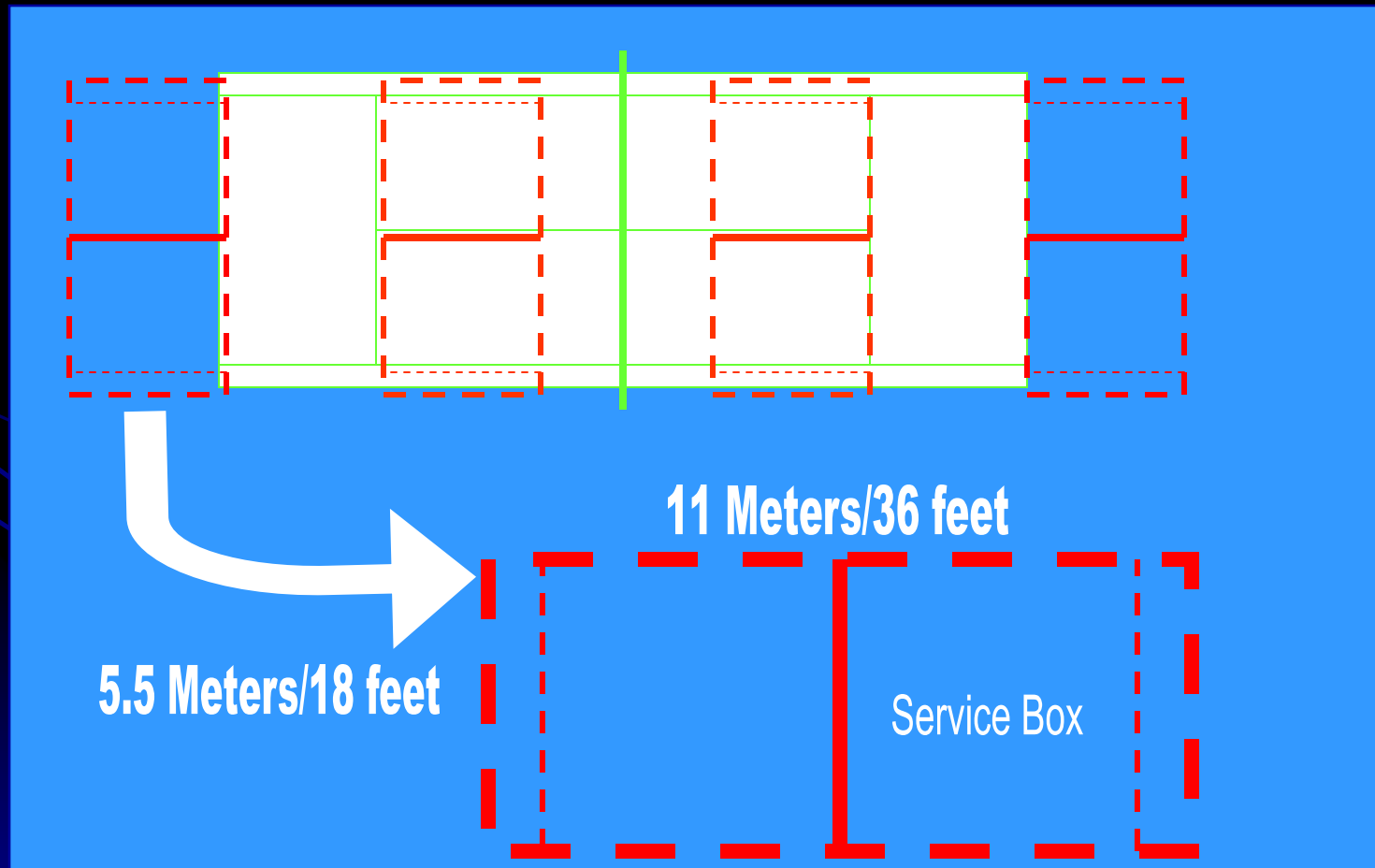
RULES for COMPETITION:

- Non-Elimination formats
- Scoring Options:
 - Short Games with timed play
 - First to 15,11
- Team Oriented
(mixed genders)
- Serves:
 - Can be underhand or overhand
 - Alternate serve every 2 points



1/2 COURT (5-7 YRS)

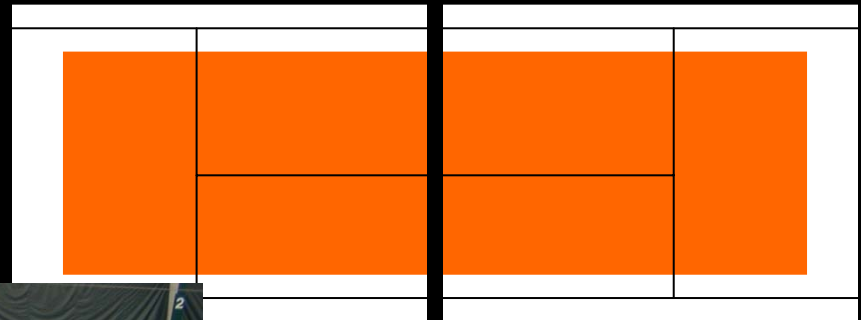
COMPETITION COURT SET-UP:



$\frac{3}{4}$ COURT (7-9 YRS)

INTEGRATED COMPONENTS:

1. **Court:** 60 feet long x 21 feet wide. Net is 80 cm /31.5 inches high
2. **Ball:** Low-compression
3. **Racquet:** 23-25 inch
4. **Scoring:** Short set. No ad



¾ COURT (7-9 YRS)

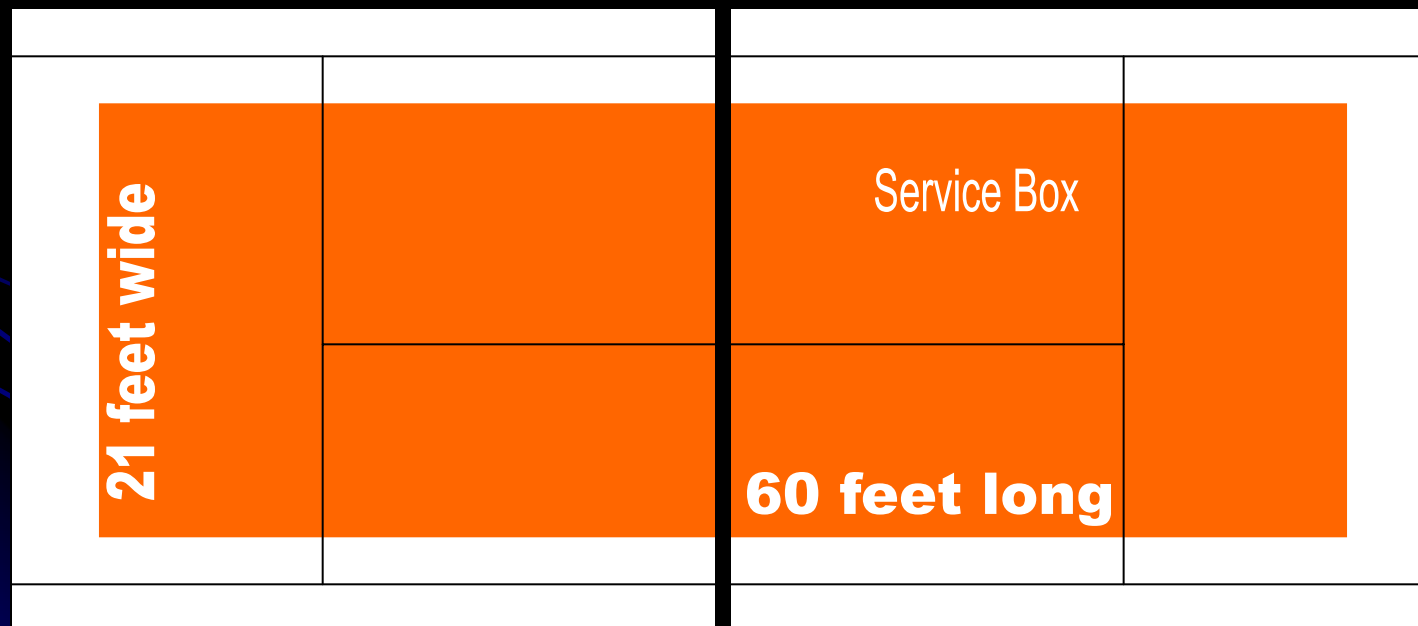
RULES for COMPETITION:

- Non-Elimination formats (Round Robin)
- Scoring:
 - Best of 3 Short Sets (1st to 4, tie breaker at 3-3)
 - Regular Tie-breaker as the 3rd set
 - No-ad Scoring
- Team Oriented
(mixed genders)
- Serves:
 - Regular serving into service boxes



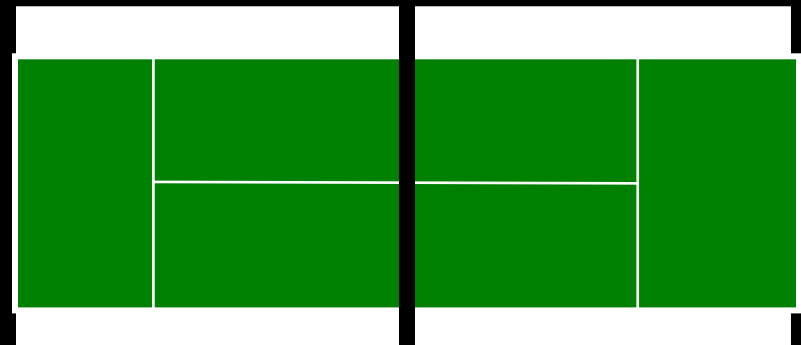
$\frac{3}{4}$ COURT (7-9 YRS)

COMPETITION COURT SET-UP:



FULL-COURT TRANSITION (9-10 YRS)

- Regulation tennis but with a Transition ball (e.g. Wilson EZ Play)



Application to Adults

- Accelerated progressions within a program
 - Lesson 1 – ½ Court
 - Lesson 2 – Serviceline to Serviceline
 - Lesson 3 – ¾ Court
 - Lesson 4 – Full Court (EZ Play ball)
 - League – (EZ play ball)
- Tennis BC EZ Play Program



Application to Wheelchair Players

- Accelerated progressions within a program



RESOURCES

- Tenniscanada.com
- ITFtennis.com (tennisplayandstay.com)
- acecoach.com
- Partners.quickstarttennis.com (USTA)

