



quickstart tennis of central virginia

10 and Under Tennis

. . . it's a whole new ballgame

QuickStart Tennis Format

- **Kid-sized**, “play to learn” format
 - Cooperative approach – kids work with other kids
 - Constant activity on court – lots of “silliness” to keep it **FUN** for kids
 - Movement activities that develop motor skills
 - A progression of **FUN** activities that develop tennis skills
 - Age- and ability-based instruction
 - Kids can be successful early on
 - Lots of **FUN** for kids!!
- New standards
 - Smaller racquets (19s, 21s, 23s and 25s)
 - Less lively balls – slower and bounce lower
 - Lower net height
 - Kid-sized courts – 36-foot (8U) and 60-foot (10U) courts
 - Easier scoring
 - Age-appropriate lesson plans and instruction
- Emphasis on **development of motor skills**
 - Agility
 - Balance
 - Coordination
 - Footwork
 - Reaction time
- Instant rally progressions – forehand, backhand, volley, serve and return
- Emphasis on **FUN!!**

10 and Under Tennis

A “tennis pathway” to maximize play opportunities for kids 10 and under; a learning experience for kids

- Structured
- Supervised
- Spontaneous
- “Learn to compete” competitive format – **NO PRESSURE!!**

10U Play Opportunities

- PE classes
- After-school enrichment programs
- Kids Tennis Clubs (recess, after-school, out-of-school)
- Tennis Festivals (games-based)
- Tennis Play Days (non-elimination matches)
- Junior Team Tennis (coed teams of six)
- 10U tournaments (QuickStart format required 1/1/2012)

QuickStart Tennis: Kid-sized, play-based, no-pressure FUN!!