

Junior Tennis Level Descriptions

Quickstart

- ❖ Develop racquet control and proper technique.
- ❖ Able to control shots in small space.
- ❖ Laugh as much as possible.

Quickstart2

- ❖ Can rally 2-3 balls with instructor in small space
- ❖ Serve hit above head, going in either service box

Intermediate

- ❖ Can return a live ball
- ❖ 50% of serves in with good form.
- ❖ Develop basic knowledge of rules and scoring.

Comp 1

- ❖ Able to serve, return and rally on their own.
- ❖ Placement and form on volley introduced.
- ❖ Familiar with four basic positions in doubles.
- ❖ Participate in Junior Team Tennis during summer.

Comp 2

Game expansion level:

- ❖ Start to develop topspin ground stroke.
- ❖ Introduce specialty shots: lobs and overheads.

Comp 3

- ❖ Stroke emphasis on the serve.
- ❖ Use of continental grip.
- ❖ Develop spin serve.
- ❖ Developing approach shot.

Comp 4

- ❖ Emphasis on one-handed backhand volley.
- ❖ Develop playing style.
- ❖ Comfortable taking risks
- ❖ Determined to run for every ball and hit appropriate defensive strokes under pressure

Comp 5

- ❖ Demonstrates use of underspin on volleys, backhands and groundstrokes.
- ❖ Attacking forehand.
- ❖ Topspin serve.
- ❖ Poaching in doubles.

Comp 6

Complete player who has all the shots.

- ❖ Refinement of skills to accommodate power.
- ❖ Uses point construction/patterns in the 5 phases of play: serving, receiving, rallying, attacking, being attacked.
- ❖ Plays percentage tennis and can recognize an opponent's weakness.