



junior tennis USTA* level descriptions

red ball: (ages 5 - 7) Played with low compression balls, smaller courts, and smaller racquets. Children have fun learning the basic skills of tennis using games in a fun atmosphere. (60-minute sessions)

orange ball: (ages 8 - 10) Playing on a 60-foot court with lighter, low compression balls to allow them to develop proper strokes, learn to rally, and to play points. (60-minute sessions)

green ball: (ages 11-12) Played on a full court with slightly lower compression balls. Allows players to rally longer, develop proper strokes, shot varieties and strategies. (90-minute sessions)

junior varsity: (ages 13+) Focus is on building a solid foundation in fun drill and point play situations, regular courts and balls. (90-minute sessions)

futures: (ages 13+) For players looking to make their high school team: building a solid foundation that can be expanded upon, learning specialty shots and percentage tennis. (2-hour sessions)

high performance: (ages 13+) For high school varsity tournament level players: competitive drills, fitness, conditioning, and strategic point play are the focuses. (2-hour sessions)

*United States Tennis Association