

TENNIS PROGRAM COMPETENCIES



ADULT

CLASS	ATHLETIC DEVELOPMENT	TECHNICAL DEVELOPMENT	MOVEMENT	PSYCHOLOGICAL DEVELOPMENT	TACTICAL DEVELOPMENT	GAME DEVELOPMENT	SOCIAL + BEHAVIORAL DEVELOPMENT	PRACTICE + COMPETITION FREQUENCY
ADULT 101 Red Ball + Orange Ball + Green Ball Tennis Level 1.0 – 1.5	Develops basic coordination and balance; learns split step.	Learns grips and basic strokes.	Understands ready position and basic footwork.	Learns scoring and stays positive.	Keeps ball in play.	Short rallies and simple games.	Demonstrates good sportsmanship and a learning attitude.	2-3 times per week Social Play Clinics Private Lessons
ADULT 201 Green Ball + Yellow Ball Tennis Level 2.0 – 2.5	Moves efficiently to set up and recover for shots.	Develops consistent contact and rally control.	Moves to and recovers from baseline effectively.	Maintains focus between points.	Begins recognizing strengths and weaknesses in their own and opponents' games.	Can serve, rally, and score full matches.	Encourages others and follows court etiquette.	2-3 times per week Social Play League Play Private Lessons
STROKE + STRATEGY Yellow Ball Tennis Level 2.5 – 3.5	Improves reaction speed and lateral movement.	Adds spin and directional control.	Incorporates approach and recovery patterns.	Handles frustration constructively.	Constructs points with depth and direction.	Wins points with consistency and directional control.	Communicates effectively with partners.	2-4 times per week Social Play League Play Private Lessons
DOUBLES CLINIC Yellow Ball Tennis Level 3.0 – 3.5	Reads situations earlier and adjusts positioning.	Improves net play and serve variety.	Adjusts positioning for doubles formations.	Displays partner support and composure.	Applies doubles formations and utilizes a variety of tactics.	Uses net play effectively in doubles.	Supports partner and adapts to roles.	2-4 times per week Social Play League Play Private Lessons
DRILL + PLAY Yellow Ball Tennis Level 3.0 – 3.5	Maintains intensity during points.	Refines serve placement and transition skills.	Controls spacing and balance on offense, defense, and neutral situations.	Competes with resilience and focus.	Begins incorporating serve +1 and return +1 tactics.	Plays competitive points with purpose.	Models teamwork and constructive feedback.	3-4 times per week Social Play League Play Private Lessons
ADULT ACADEMY Yellow Ball Tennis Level 3.0 – 4.0	Demonstrates quick first step, anticipation, and recovery.	Uses shot variation and situational awareness during points.	Recovers to optimal court position instinctively.	Develops routines and mental reset habits.	Adapts tactics based on opponent patterns.	Executes match strategies against varied styles of play.	Leads by example in group settings.	3-5 times per week Social Play League Play Private Lessons
ADVANCED DRILL Yellow Ball Tennis Level 4.0+	Anticipates opponent patterns and moves proactively.	Masters weapon development and consistency under pressure.	Moves efficiently under high tempo and tactical variation.	Manages pressure with tactical clarity.	Uses advanced tactics to set up points.	Competes confidently in USTA or team matches.	Displays leadership and professionalism in match settings.	3-5 times per week Social Play League Play Private Lessons
41 Yellow Ball Tennis Level 2.5 – 4.0	Quick recovery between points, maintaining intensity and stamina.	Controls placement to find opportunities to hit winners.	Recovers and adjusts against a variety of player types.	Shows resilience after errors and maintains focus across multiple points and rounds.	Recognizes offensive opportunities and constructs points to earn clean winners.	Learns to play aggressive yet high-percentage tennis.	Displays positive energy, encouragement, and efficient transitions between points.	2-4 times per week Social Play League Play Private Lessons

JUNIOR RECREATIONAL

CLASS	ATHLETIC DEVELOPMENT	TECHNICAL DEVELOPMENT	MOVEMENT	PSYCHOLOGICAL DEVELOPMENT	TACTICAL DEVELOPMENT	GAME DEVELOPMENT	SOCIAL + BEHAVIORAL DEVELOPMENT	PRACTICE + COMPETITION FREQUENCY
TINY TOTS Red Ball 36' Court 4 – 6 years	Dynamic movement through warm-up and a mix of movement games.	Understanding racquet parts and developing racquet control.	Can run, jump, and reach while performing games and activities requiring these skills.	Working through challenges of learning new skills and developing listening skills and ability to follow instructions. Overcoming the 'I can't' attitude.	Building confidence while balancing fun and competitive games.	Sending and receiving through partner-based activities, both stationary and on the move.	Learns to understand group, team, and individual dynamics. Must be willing to work with others and communicate needs (e.g., bathroom).	Group 45 min up to twice per week Private 30 min once per week
MUNCHKINS Red Ball 36' Court 5 – 8 years	Basic hand-eye coordination. Beginning to experiment with tennis-specific movement and applying it to gameplay.	General understanding of grips, ready position, and split step. Can verbalize and understand differences between strokes (forehand, backhand, volley, serve).	Can apply movement to games and start using all parts of the court.	Balances cooperative and competitive play.	Plays simple, cooperative games and mini rallies. Begins moving to the ball using proper step patterns.	Works independently with a partner or opponent and understands class goals.	Works independently with partners, takes initiative (retrieving balls, preparing racquet). Knows court etiquette and avoids swinging racquets around others. Maintains focus and participation.	Group 1 hr up to twice per week Private 30 min once per week
ROOKIES Orange Ball 60' Court 8 – 11 years	Covers space on a larger court and adjusts to higher-bouncing balls.	Maintains short rallies with groundstrokes, volleys, and serves consistently. Developing technical proficiency.	Demonstrates movement and spacing. Prepares early while staying turned to target. Uses split step and recovery between shots. Confidently split steps in preparation for the next ball.	Makes choices, learns fairness, and takes responsibility on court. Develops problem-solving skills as point play increases.	Consistent contact within a larger court space. Understands positioning, placement, and recovery. Controls ball direction. Knows how to keep score and play matches and tiebreakers.	Reacts effectively to incoming balls. Understands differences between doubles and singles positioning.	Teachable, maintains focus on single objectives, and balances competition with cooperation.	Group 1 hr up to twice per week Private 1 hr once per week Local tournament and in-house match play
JUNIOR HIGH + HIGH SCHOOL Yellow Ball Full Court 12 – 18 years	Moves with balance and coordination during rallies; maintains intensity for shorter durations.	Maintains short rallies with controlled contact, using topspin and direction with consistency. Understands proper grips for each shot.	Recovers to center after each shot and adjusts to high, low, and short balls.	Stays positive and problem-solves when losing points. Maintains focus during short sets.	Keeps the ball in play. Understands crosscourt vs. down-the-line shot choices.	Understands full scoring and rules. Plays consistent rally-based points.	Demonstrates respect and fair play. Encourages others and follows rules.	Group: 2 hrs up to three times per week Private: 1 hr once per week Local match play, tournament play, USTA Preparing for or already playing High School Junior Varsity

JUNIOR COMPETITIVE

CLASS	ATHLETIC DEVELOPMENT	TECHNICAL DEVELOPMENT	MOVEMENT	PSYCHOLOGICAL DEVELOPMENT	TACTICAL DEVELOPMENT	GAME DEVELOPMENT	SOCIAL + BEHAVIORAL DEVELOPMENT	PRACTICE + COMPETITION FREQUENCY
ADVANCED MUNCHKINS Red Ball 36' Court 5 – 8 years	Understands court movement and spacing, and which strokes take priority in each position.	Has a basic serve motion. Comfortable with grip changes and understands differences between grips.	Recognizes offensive, defensive, and neutral movement patterns.	Identifies which development skills the clinic is addressing and applies them to strokes.	Focused on starting points and learning ball placement control. Understands movement requirements and begins to play points.	Works to maintain consistency with groundstrokes, volleys, and serve. Understands how points are scored and can play tiebreakers independently.	Handles constructive criticism and maintains sportsmanship throughout points, win or lose.	Group 1 hr up to twice per week Private 30 min once per week Beginning local tournament play
ADVANCED ROOKIES Orange Ball 60' Court 8 – 11 years	Moves confidently with balance, strength, and flexibility.	Starts placing serves and returns confidently. Understands ball pace and spin and how to use them in point play. Transitions from baseline to net (groundstrokes, approach, volley, overhead). Correct use of continental grip.	Strong movement to the ball with good body control.	Can narrow focus as needed and maintain focus across positions. Balances fun and focus.	Understands personal strengths and how to use them in time-sensitive situations. Can change direction of the ball and force opponent movement. Finds weaknesses and creates opportunities.	Communicates effectively with partner and uses court angles strategically. Keeps the ball away from opponents through patterns. Holds steady baseline points and begins finishing at the net.	Comfortable within group dynamics and maintains composure when winning or losing.	Group 1 hr up to twice per week Private 1 hr once per week Local tournament and in-house match play
G.O. ACADEMY Orange Ball + Green Ball 60' Court + Full Court 9 – 12 years	Moves confidently with balance, strength, and flexibility.	Can move serve around the box with a first and second serve. Adjusts groundstrokes based on incoming ball. Controls racquet head speed. Uses strong approach and volley transitions. Proficient with grips on all shots.	Moves efficiently in all court positions, recovering after each shot with proper footwork.	Sets simple goals with a strong competitive focus.	Maintains consistency in accuracy and depth while adjusting spin. Identifies opponent weaknesses and attacks them. Wins points through confident pattern play.	Transitions to the net comfortably with a partner and switches positions. Anticipates next ball and plans points in advance.	Communicates effectively with partners and maintains composure in critical moments.	Group 2 hrs up to three times per week Private 1 hr once per week Local match play, tournament play, USTA
ACADEMY Yellow Ball Full Court 12 – 18 years	Strong balance, speed, and recovery; maintains endurance throughout a full match.	Uses topspin, slice, and depth intentionally. Serves with spin and placement. Controls pace on all strokes.	Anticipates and moves early. Changes direction efficiently. Uses split step and recovery on every point.	Plays with routines and composure. Handles momentum shifts and pressure effectively.	Builds points with patterns of play. Recognizes opponent strengths and weaknesses. Makes smart shot selections under pressure.	Uses serve +1 and return +1 patterns. Adapts strategy mid-match. Competes confidently in tournaments.	Shows leadership, integrity, and sportsmanship with competitive focus.	Group 2 hrs up to three times per week Private 1 hr once per week Local match play, tournament play, USTA Preparing for or already playing High School Junior Varsity