



# *tennis*



Official programme of:

The International Tennis Federation



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## Manual

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***“From 2012, the Rules of Tennis will state that no 10 & Under age group competition can take place using a standard, yellow ball; instead a slower red, orange, or green ball must be used”***

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# Play and Stay Introduces ITF Tennis 10s

Tennis 10s is the 10 and under component of ITF Tennis...Play and Stay, and is focussed on increasing levels of participation in tennis and providing a more appropriate development pathway for young players, including appropriate competition.

Tennis 10s is the way tennis training and competition can be best presented for all players aged 10 years and under. The principles are very simple:

## 1. Create the best environment

- appropriate sized court
- slower balls
- shorter rackets

## 2. Present appropriate competition

- shorter, multi-match formats and events
- team and individual matches
- simple scoring systems

....and that you should **serve**, **rally** and **score** from the start!



# What is ITF Tennis 10s?



ITF Tennis 10s provides a sound development structure for players aged 10 and under through 3 colour-coded stages.

## Red, Orange and Green

Through these stages a series of developmental steps are created to allow players to progress along a competitive pathway according to their age, ability, and confidence and orientation to competition. In the process, the court size, racket length, ball speed and duration of games all increase until the player is ready to move onto the full court and use a yellow ball.

## Smaller, Slower, Easier

Most people understand that it's:

- a three-stage version of tennis
- designed initially for children, but now used for starter adults too
- a structured way of using slower balls, smaller courts and shorter rackets
- age and size appropriate

## Efficient and Effective

It helps children to play the game faster and feel more competent as they do this, as:

- players learn skills faster and play the game quickly
- coaches teach the game of tennis and not just remote sets of skills
- players are motivated to stay in the game as they can play and progress

The most important thing is that it allows young or inexperienced players to learn the skills and tactics of tennis and actually play the game quickly.

## Programmes

Through the use of these stages, each club or tennis facility can provide a structured programme that includes competition. Coaching sessions, play, and practice opportunities, are provided as a way of preparing for playing the game rather than being remote sessions that are not linked to actually playing.

Often children who try to play the game of tennis with yellow balls don't continue. The ball bounces over their heads, rallies are short and they spend most of their time picking up balls – meaning they rapidly lose interest. By allowing children to actually play the game, more will stay.