



JUNIOR PROGRAM

THE ROG STAGES OF TENNIS (RED-ORANGE-GREEN)

Classes available
for ages
5 through 14
within the
ROG system.

All classes value the rally
and we encourage
self-starting,
independent athletes.

FALL 2020 SESSIONS

Session 1

**Monday, August 24th -
Sunday, September
27th**

Session 2

**Monday, September
28th - Sunday,
November 1st**

Session 3

**Monday, November 2nd
- Sunday, December
13th**

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Polo Tennis Club**

**President
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Association**

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Director of
Junior Tennis

RED BALL AGES 5 - 6

Beginner Entry Point

Beginner Entry Point Great entry point for our youngest students with a developmental focus on spatial awareness and the physics of the bounce. Children will learn to be partner-oriented and gain the skills to start play on their own. This stage is very much "pre-rally" as the young athletes build the skills to eventually rally over a net.

RED BALL AGES 7 - 9

Beginner to Intermediate

Our second stage of red ball serves as an entry point for some and a continuation for others. Some players will be fully functional with the rally while others will be learning to rally. All play will have a rally focus, an understanding of what constitutes a "point" and stronger emphasis on serve mechanics. Players that can fully rally and have a strong desire to participate will have the opportunity for team competitions.

ORANGE BALL AGES 7 - 11

Intermediate to Advance

Players in the orange ball program will learn train in the "5 competitive situations" rally, net transition, defending the attacker, serving, and returning. Additionally, players will understand the "5 ball controls" height, width, depth, spin, and tempo. All players in this group must have a strong ability to rally on the 60' court with an orange ball. Advanced players most likely will have entered USTA tournament play and be guided under those expectations.

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GREEN BALL ASCENDED THRU 14

Curriculum in green ball will be very similar to the orange ball program but conducted on a 78' court. Thus, players will have a greater expectation for the physical skills needed to cover the larger surface area. Tournament players will be either 10U players who have attained green ball status the older players in the L7 tournaments.

INTRO TO TENNIS 1.0 RED BALL TRAINING AGES 10+ BEGINNER ENTRY

Some players enter our wonderful sport at the age of 10 or older. Our Intro to Tennis program serves these players to get them the skills to help fall in love with the sport. Those in the Intro to Tennis 1.0 class can be classified as "pre-rally" and will learn the basic skills to immediately play with their classmates.

INTRO TO TENNIS 2.0 ORANGE BALL TRAINING AGES 10+ BEGINNER PLUS

The second stage of our Intro to Tennis program takes players who have shown the skill to rally with a red ball and offers them the opportunity to explore those tools using an orange ball. Ideally, after our students excel in this class, we develop a plan to enter the stand orange or green ball programs.