

Ken-Caryl Ranch Metropolitan District 2018-2019 Junior Tennis Lesson Descriptions

All ages and levels must be able to demonstrate court safety, good effort
and be able to follow instructions.

5-6 year olds Red Balls/36 Foot Court

Level A: Beginner

Level B

1. Must have attended a minimum of two sessions of Level A.
2. Can put 5 out of 10 balls fed to the forehand in play in the 36 ft court.
3. Understands and performs basic strokes.

Level C

1. Can put 7 out of 10 balls fed to the forehand in play in the 36 ft court.
2. Can put 5 out of 10 balls fed to the backhand in play in the 36 ft court.
3. Makes contact above head on serve with good form and most going over net.

7-8 year olds Orange Balls/60 Foot Court

Level A: Beginner

Level B

1. Can put 5 out of 10 balls fed to the forehand in play in the 60 ft court.
2. Can put 3 out of 10 balls fed to the backhand in play in the 60 ft court.

Level C

1. Can put 7 out of 10 balls fed to the forehand in play in the 60 ft court.
2. Can put 5 out of 10 balls fed to the backhand in play in the 60 ft court.
3. Good form on serve & makes contact over head and clearing net.

9-10 yr. old Orange Balls/60 Foot Court

Level A: Beginner

Level B

1. Can put 5 out of 10 balls fed to the forehand in play in the 60 ft court.
2. Can put 3 out of 10 balls fed to the backhand in play in the 60 ft court.
3. Consistently makes contact with service toss over head. Serve will usually clear net.

Level C

1. Can put 7 out of 10 balls fed to the forehand in play in the 60 ft court.
2. Can put 5 out of 10 balls fed to the backhand in play in the 60 ft court.
3. Can put 3 out of 10 serves in either service box.

Comp 1

1. Hit 5 out of 10 serves into correct box with good form.
2. Starting to sustain a rally during point play with peers.
4. Has cursory knowledge of rules, scoring and procedures.

Comp 2

1. Can hit 7 out of 10 balls fed to forehand into crosscourt side including alley.
2. Can serve 6 out of 10 into correct box on both deuce and ad side or 12 out of 20 combined.
3. Can consistently sustain a rally with peers.
4. Basic knowledge of scoring and rules.

Comp 3

1. Can hit 7 out of 10 balls fed to backhand into crosscourt side including alley.
2. Can serve 7 out of 10 into correct box on both deuce and ad side or 14 out of 20 combined.
3. Excels in competitive point play.

Comp 4

1. Can return 5 out of 10 forehands past service line.
2. Can hit 4 out of 10 balls fed to backhand past blue line.
3. Has competitive match play.

11-12 year olds Green Dot Balls/Full Court

Level A: Beginner

Level B

1. Can put 5 out of 10 balls fed to the forehand in play in the full singles court.
2. Can put 3 out of 10 balls fed to the backhand in play in the full singles court
3. Consistently makes contact with service toss over head. Serve will clear the net and make it into any part of the court.

Comp 1

1. Can put 7 out of 10 balls fed to the forehand in play in the full singles court.
2. Can put 5 out of 10 serves in correct service box.
3. Starting to sustain a rally during point play with peers.
4. Has cursory knowledge of rules, scoring and procedures.

Comp 2

1. Can hit 5 out of 10 serves in correct box and travel past baseline.
2. Hit 5 out of 10 balls fed to backhand past service line into back court.
3. Has basic knowledge of scoring, procedure and rules.
4. Starting to sustain a rally with peers.

Comp 3

1. Can hit 6 out of 10 serves into correct box and travel past baseline.
2. Can hit 5 out of 10 balls fed to backhand into crosscourt side including alley.
3. Excels in competitive point play with peers.
4. Attempting topspin on groundstrokes.

Comp 4

1. Can hit 7 out of 10 serves in correct box and travel past baseline.
2. Can hit 4 out of 10 balls fed to backhand past blue line into back court.
3. Using topspin on forehand/backhand.
4. Can consistently put spin on serve.

13-14 year olds Green Dot/Regular Balls/Full Court

Level A: Beginner

Level B

1. Can put 5 out of 10 balls fed to the forehand in play in the full singles court.
2. Can put 3 out of 10 balls fed to the backhand in play in the full singles court
3. Consistently makes contact with service toss over head. Serve will clear the net and make it into any part of the court.

Comp 1

1. Can put 7 out of 10 balls fed to the forehand in play in the full singles court.
2. Can put 5 out of 10 serves in correct service box.
3. Starting to sustain a rally during point play with peers.
4. Has cursory knowledge of rules, scoring and procedures.
5. Rarely hits forehand above shoulder patty-cake style.

Comp 2

1. Can hit 5 out of 10 serves in correct box and travel past baseline.
2. Hit 5 out of 10 balls fed to backhand past service line into back court.
3. Has basic knowledge of scoring, procedure and rules.
4. Can consistently sustain a rally with peers.

Comp 3

1. Can hit 6 out of 10 serves into correct box and travel past the blue baseline.
2. Can hit 5 out of 10 balls fed to backhand into crosscourt side including alley.
3. Is attempting spin on a serve.
4. Is attempting topspin on groundstrokes.

Comp 4

1. Can hit 7 out of 10 serves in correct box and travel past baseline.
2. Can hit 5 out of 10 forehand volleys past service line into back court.
3. Is using topspin during point play.
4. Can consistently put spin on a serve. Not using this in match play.

Comp 5

1. Player is currently participating in local tournaments at the challenger level.
2. Can hit 5 out of 10 backhand volleys past service line into back court.
3. Is consistently using spin on serves during match play.
4. Can hit 5 out of 10 overheads from center of service box in court and second bounce hits backstop.

