

# **JUNIOR MINI TENNIS INFORMATION PACK**

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## **PRESTWOOD TENNIS CLUB**



**YOUR GUIDE TO MINI TENNIS.**

**PLAYERS AGED 3 - 10 YEARS OLD**

**HOW TO START WITH JUNIOR  
TENNIS, IMPROVE THE SKILLS,  
ENJOY THE GAME AND  
COMPETE.**



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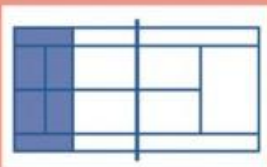
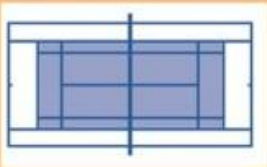
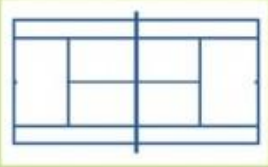
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# WHAT IS HIGHLAND SPRING MINI TENNIS?

Children between three and ten years old can now get stuck into the world of tennis with an exciting programme from the LTA sponsored by Highland Spring.

With smaller courts, nets and rackets and lower bouncing balls, Highland Spring Mini Tennis offers the perfect introduction to the sport, with all the fun and energy of the real thing.

STAGE	RED	ORANGE	GREEN
AGE	8 and under	9 - 10	11 and up
BALL	 Red Moves slower and bounces lower than orange ball	 Orange Moves slower and bounces lower than green ball	 Green Slightly reduced bounce from yellow ball
COURT SIZE	 36' x 18'	 60' x 21' singles 60' x 27' doubles	 78' x 27' singles 78' x 36' doubles
NET HEIGHT	2'9" center	3' center, 3'6" at net posts	3' center, 3'6" at net posts
RACQUET	Up to 23"	23" – 25"	25" – 27"

There are four stages of Highland Spring Mini Tennis; Tots, Red, Orange and Green, each with their own court size and

type of ball. This tailored approach enables players to develop vital skills and techniques at an early age.



There is also the Highland Spring Mini Tennis Rally Awards scheme, designed to help mini players learn in stages and take part in exciting exercises with regular rewards which encourage them to develop their tennis skills at a pace that suits them.

Many sports have a mini version including, football, rugby and cricket which are helping to develop young talent in appropriate learning environments.

The LTA [Fair Play values](#) Enjoy, Respect have been created with the help of tennis people and are a reminder of how everyone should behave when on court, watching a match or coaching players. To help mini tennis players understand the values read and follow the [Mini Tennis Fair Play pledge](#).

# STAGE 1 – Mini RED

Mini Tennis Red is for players aged 8 and under. It is played on small courts with short rackets and soft balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots.

## **What age is Mini Tennis Red aimed at?**

Mini Tennis Red is for players aged 8 & under.

## **What ball is used?**

A foam or felt ball is used which is 75% slower than a yellow ball.

## **What size court is red ball played on?**

A court with dimensions of 11m x 5.5m or 12m x 6m. It's fine to use badminton court lines.

## **What height is the net?**

The net is at a height of 80cm (in the middle).

## **What racket is best to use?**

A shorter racket of 43cm – 58 cm (17" – 23") is recommended depending on the size and strength of the player.

## **Where can I play Mini Tennis Red?**

Mini Tennis Red should be available at a club or park near you. To find your local place to play use the search facility to the right.

## **What kind of competitions are there at Mini Tennis Red?**

Players are encouraged to play fun competitions in teams and as individuals, with short matches using tie-break scoring.

## STAGE 2 - Mini ORANGE

Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red and is for players aged 8 and 9. It is played with shorter rackets, softer balls and courts are bigger and wider than the red stage but still smaller than full-size tennis courts allowing players to develop a rounded game whilst learning a range of techniques and tactics.

It is the next stage before playing on a full sized court and helps players develop different shots and tactics.

**What age is Mini Tennis Orange aimed at?**

Mini Tennis Orange is for players aged 8 and 9.

**What ball is used?**

An orange ball is used which is 50% slower than a yellow ball, giving players better control at this important stage of development.

**What size court is Mini Tennis Orange played on?**

Mini Tennis Orange is played on a 18m x 6.5m court.

**What height is the net?**

80cm at the middle of the net.

**What racket is best to use?**

A racket of 58cm – 63 cm (23" – 25") should be used depending on the size and strength of the player.

**Where can I play Mini Tennis Orange?**

Mini Tennis Orange should be available at a club or park local to you. To find your local place to play use the search facility to the right.

**What kind of competitions are there at Mini Tennis Orange?**

At Mini Tennis Orange there are team and individual

competitions with matches using tie-break scoring - usually the best of three tie-breaks.

## STAGE 3 – Mini GREEN

Mini Tennis Green is a great way for players to continue their progress from Mini Tennis Orange. It is played on a full size tennis court, with bigger rackets and balls which are a little softer than yellow balls. It's the next stage before moving on to full compression yellow balls on a full sized court and helps players develop and improve all aspects of their game.

### **What age is Mini Tennis Green aimed at?**

Mini Tennis Green is for players aged 9 & 10.

### **What ball is used?**

A green ball is used, which is 25% slower than a yellow ball.

### **What size court is Mini Tennis Green played on?**

Mini Tennis Green is played on a normal size court. Doubles matches should also be played on a normal size court with singles sticks in place (if available).

### **What height is the net?**

The net is at full height.

### **What racket is best to use?**

A bigger racket of 63cm – 66cm (25" – 26") should be used but not compulsory.

### **Where can I play Mini Tennis Green?**

Mini Tennis Green should be available at your local club or park. It is also played at county, regional and national level. To

find your local place to play or competition use the search facility to the right.

### **What kind of competitions are there at Mini Tennis Green?**

At Mini Tennis Green there are individual and team competitions, with scoring extended to short sets.





# Mini Tennis COMPETITION.

Whether you are just starting on your Mini Tennis journey or have been playing for a few years there are a lots of opportunities for you to get involved in fun and enjoyable competition. Mini Red, Orange and Green competitions are graded to help you find the right tournaments for your playing standard starting with local tournaments all the way to a national level. Once you have started playing in tournaments your results go towards increasing your Mini Tennis Rating which is used to help track your progress and assist with entry into competitions.

## **MINI TENNIS RATINGS**

Mini tennis ratings are designed to help you get the most out of competitive tennis. The ratings are designed to reward you for competing, inspire you to develop your game and offer the opportunity to compete more regularly and to be the best you can be.

## **GET A MINI TENNIS RATING**

To get a rating you will need to [sign-up to British Tennis Membership](#)

## **HOW DO THE RATINGS WORK?**

### **RED RATINGS**

- **You will move from level 4 to level 3 once you have played in 6 matches**
- **You will move from level 3 to level 2 once you have played a further 20 matches**
- **You will move from level 2 to level 1 once you have played a further 40 matches including a minimum of 20 wins against level 2 and 1 rated players.**
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## ORANGE RATINGS

- You will move from level 4 to level 3 once you have played in 6 matches
- You will move from level 3 to level 2 once you have played a further 20 matches
- You will move from level 2 to level 1 once you have played a further 40 matches including a minimum of 20 wins against level 2 and 1 rated players.
- You will move from a level 1 to level 1\* once you have recorded a further 20 wins against Orange level 1 or 1\* players in competitions graded 1 – 3
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## GREEN RATINGS

- You will move from level 4 to level 3 once you have played in 6 matches
- You will move from level 3 to level 2 once you have played a further 20 matches
- You will move from level 2 to level 1 once you have played a further 40 matches including a minimum of 20 wins against level 2 and 1 rated players
- You will move from level 1 to level 1\* once you have recorded a further 20 wins against Green 1 or 1\* players in tournaments graded 1 - 3.

## Mini Tennis parent?

Highland Spring Mini Tennis is a fun and exciting way for your children to get into the world of tennis. The Rally Awards will

help you to see how your child is improving with stickers, badges, certificates and the Rally Awards Collector. You can also help create a positive environment for children by providing the right support and encouragement.

Here are some top tips to help you and your child have fun playing tennis:

- Allow your child to gain confidence and enjoy the game by playing in the appropriate stage of Highland Spring Mini Tennis until they can control the ball and implement skills effectively.
- Get to know the Mini Tennis Rally Awards and encourage your child to practise the relevant skills.
- Practise with your child at home, at the place you play tennis, on holiday and with friends.
- Explain the **Fair Play values** as this will encourage good behaviour and sportsmanship in lessons and matches
- Focus on performance and effort instead of results. Ask “How did you play?” or “Did you have fun?”
- Help your child to understand that respect for the rules, opponents and officials is part of playing and enjoying the game.

## CONTACT US

Would you like to sign up your child to tennis course? **We are here to help.** Please get in touch with us and we will help you as much as we can to get your child involved in tennis.

Our experienced, fully LTA licensed coaching team is providing excellent service at several locations throughout the Bucks County.

If you are looking for first class service, great quality tennis lessons in fun and safe environment, please contact us.

**e: [info@prestwoodtennisclub.co.uk](mailto:info@prestwoodtennisclub.co.uk)**

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