



More than Fitness... It's a Way of Life!

12 & Under Tennis



Red Ball (5-8 Year Old) Court Size: 36' Racquet Size: 19-21"

At this stage, players will learn the basics - how to score, rally & serve, and understand how to win and lose points.



Orange Ball (9-10 Year Old) Court Size 60' Racquet Size: 25"

At this stage, players develop more consistency in their strokes and learn to cope with the larger playing area. This will challenge them to cover the court and direct the ball away from the opponent.



Green (10-12 Year Old Court Size 78' Racquet Size 26"

At this stage, players need to spend time getting used to the physical demands of covering a full sized court. Increased tactical development is emphasized including use of angles, spin, depth control, moving the opponent, attacking and defending and developing an understanding of the opponent's strengths and weaknesses.

For More Information Contact: Anne Neely
781-682-5812 aneely@weymouthclub.com