

Richmond Tennis Club
Progressive Level Self-Assessment Guide

Progressive tennis is a developmental system created by Tennis Canada over 20 years ago. This is a skills based program, and the players develop and have fun at all levels.

RED BALL A (Ages 6-8)

New To Tennis

- no experience necessary

RED BALL B (Ages 6-8)

Novice Tennis Player:

- ability to hit the ball in the centre of the racket 7 times out of 10
- some understanding of scoring and is able to play a game in the red ball court
- when the coach throws the ball the player can hit the ball in the court 6 times out of 10

ORANGE BALL (Ages 6-9)

Low Intermediate Player:

- rally the ball in the service boxes (short court) 5 times or more
- keep score without assistance
- hit and control both forehands and backhands
- hit intermittent full court shots (3 to 5 times out of 10)

GREEN BALL (Ages 8-12)

High Intermediate Player:

- rally 10-20 times in the service boxes (short court)
- rally 5 times or more in the full court
- keep score without assistance
- hit both forehands and backhands
- serve 3 to 5 serves or more out of 10 in the service box

GOLD BALL (Ages 10-17)

Advanced Player:

- rally 20 times or more in the service boxes. (short court)
- rally 10 times in the full court
- serves are 5 to 7 out of 10 in the service box
- understands scoring and can apply elementary strategy (i.e. power, placement and consistency)

Please contact the office if you are unsure of your child's level.

