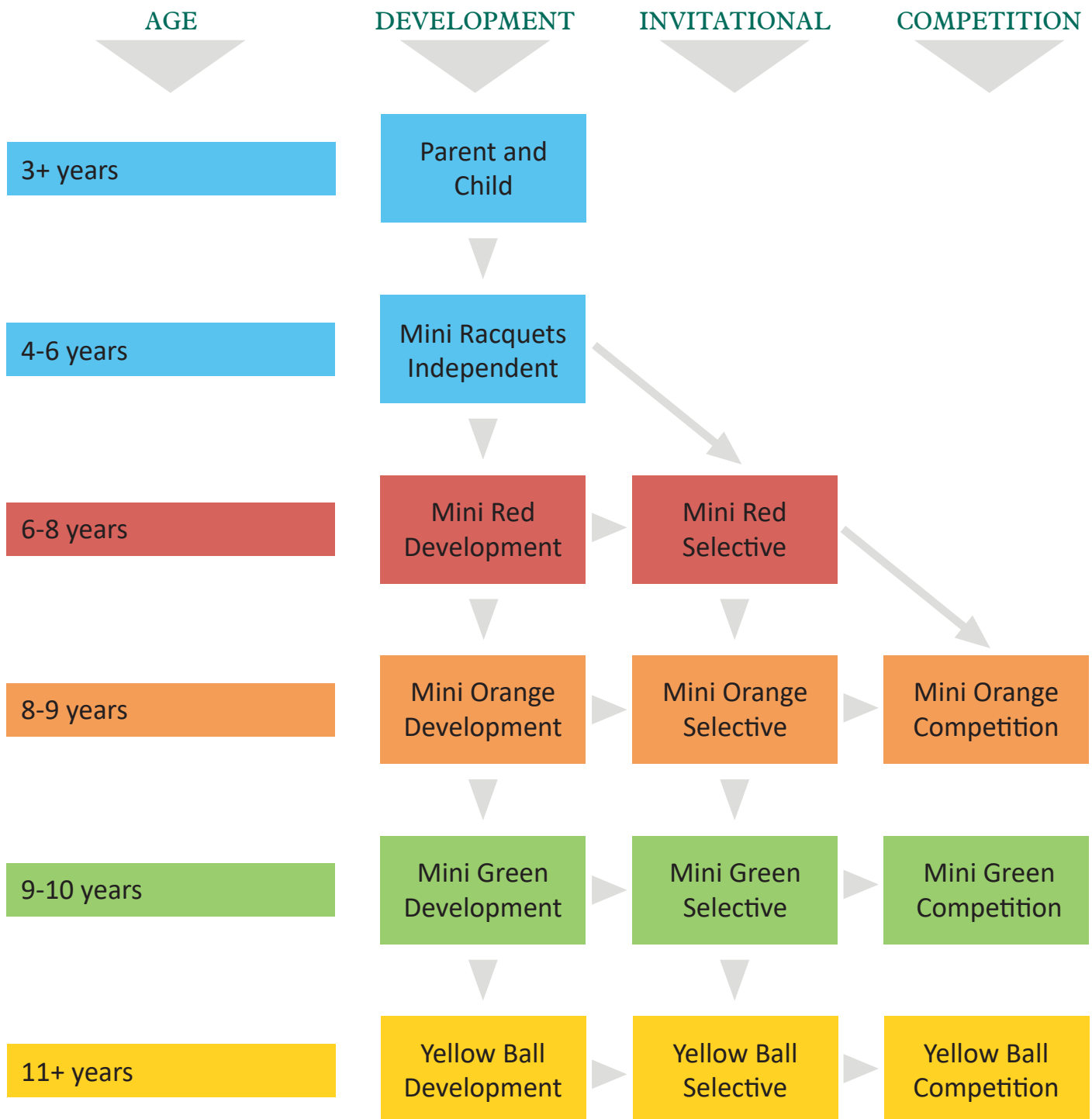


# Junior Tennis Pathway



At Roehampton Club, we provide a comprehensive and versatile coaching programme that is designed to allow junior players to pursue their tennis ambitions whatever path they choose. The programme is fluid between squads to ensure that your child is in the most appropriate groups to maximise their and others' development. Our coaches will keep you informed on your child's progress and there will be extra tennis opportunities, with tournaments and socials, throughout the year for all strands to complement the tennis programme and bring a greater social experience to juniors. Whether you see tennis as simply a social, healthy and enjoyable activity or wish to pursue a more competitive pathway, there will be something to suit every child.



Please refer to the Junior Tennis Programme and weekly timetable. For more information, please contact Nik Snapes, Tennis Manger at [nikolai.snapes@roehamptonclub.co.uk](mailto:nikolai.snapes@roehamptonclub.co.uk)

# Junior Tennis Programme



Mini Racquets <i>age 3-4</i>	An introduction to our racquet sports. These sessions involve lots of fun activities aimed at developing fundamental skills such as agility, balance, coordination and racquet skills. We recommend all Juniors start with the parent and child before moving on to the independent learning.
Mini Racquets <i>age 4-6</i>	Continued development of the fundamental skills needed to progress in racquet sports as well as increased focus on stroke production.
Mini Red Selective 1 <i>age 4-6</i>	These are sessions for Juniors demonstrating they are beginning to be able to serve, rally and score. Players will do two sessions that complement each other with one training group and one matchplay.
Mini Red Development <i>age 6-8</i>	Inclusive sessions that are normally divided up into beginner and intermediate strands. Sessions take on a quarter of a court with sponge balls indoors or red shell balls outdoors, these balls help Juniors repeat shots more frequently and get the repetitions needed to implement a sound technical base. Progression from these sessions would be to selective rather than up ball colours.
Mini Red Selective 2 <i>age 6-8</i>	A follow on from Mini Red Selective 1 with two sessions set out to complement and progress competitive Juniors. Juniors who have been playing a minimum of two to three times a week and competing regularly.
Orange Development <i>age 8-9</i>	Inclusive sessions that are normally divided up into beginner and intermediate strands. The court size increases to three quarters of a court and the balls change to an orange shell which moves quicker and bounces higher than the red balls. Content in the sessions is based around developing the core skills and strokes production and to provide a platform to enjoy playing the sport.
Mini Orange Selective 2 <i>age 8-9</i>	A follow on from Mini Red Selective Programme. There will be sub-sections of intermediate and advanced groups within the selective programme. Juniors will generally be playing twice a week and participating in club and some local competitions.
Mini Orange Competition Squads <i>age 8-9</i>	Exclusively for Juniors who are playing multiple times a week with a focus on performance. Most Juniors will be involved in the county and regional squads. Selection will be decided in line with tournament performance and metrics such as ranking, WTN or UTR.
Green Development <i>age 9-10</i>	Inclusive sessions that are normally divided up into beginner and intermediate strands. The court size changes to a full court with a green ball which is slower and bounces 25% lower than a yellow ball. Content in the sessions is based around developing the core skills and strokes production and to provide a platform to enjoy playing the sport.
Mini Green Selective 2 <i>age 9-10</i>	A follow on from Mini Orange Selective Programme for juniors who are outperforming in the development stream. There will be sub-sections of intermediate and advanced within the selective programme. Juniors will generally be playing twice a week and participating in club and local competitions.
Mini Green Competition Squads <i>age 9-10</i>	Exclusively for Juniors who are playing multiple times a week with a focus on performance. Most Juniors will be involved in the county and regional squads. Selection will be decided in line with tournament performance and metrics such as ranking, WTN or UTR.
Yellow Development <i>age 11+</i>	Inclusive sessions that are normally divided up into various age relevant categories to make sessions socially compatible. In larger sessions we will standardise further with beginner and intermediate strands. Sessions take place on a full court with yellow balls. Expect high energy sessions with drills centred around stroke production, movement patterns and some live point play.
Yellow Selective 2 <i>age 11+</i>	There will be a variety of age groups running within the yellow ball selective programme, ages in groups can be more varied as standard is the key decider when organising groups. This is suitable for Juniors who are looking to take a more competitive approach to tennis or have been through the mini age groups but are not in county or regional squads. There will be sub-sections of intermediate and advanced within the selective programme. Juniors will generally be playing twice a week and participating in club and local competitions.
Yellow Ball Competition Squads <i>age 11+</i>	Exclusively for Juniors who are playing multiple times a week for improved performance in competitions. Most Juniors will be involved in the county and regional squads and competing most weekends. Selection will be decided in line with tournament performance and metrics such as ranking, WTN or UTR.