



WHAT ARE PERFORMANCE CLASSES?

Performance classes form part of the Talent Development Pathway for highly talented juniors wishing to compete and excel in serious tennis competition. Entry into these classes is by coach recommendation only. Players in any Performance class are also recommended to attend classes twice per week.

YELLOW BALL

TEEN TENNIS

Introduction to teenage players who have little to no tennis experience. Teaching players all technical fundamentals.

Ages: 12-17 Coach to Pupil Ratio: 1:6

DEVELOPMENT SQUAD

Players learn to rally, attack, defend and control the ball with different spins. Players learn both singles and doubles strategy.

Ages: 11-15 Coach to Pupil Ratio: 1:8

DEVELOPMENT SQUAD PERFORMANCE

Through tactically-based themes, players enhance competitiveness across key areas of their game with focus on developing play styles and weapons.

Ages: 10-18 Coach to Pupil Ratio: 1:8

GREEN BALL

GREEN BALL

Players learn consistency, hitting to targets and using a variety of spin. More serve, return and net activities are introduced.

Ages: 9-12 Coach to Pupil Ratio: 1:6

GREEN PERFORMANCE

Players improve court mobility, net game and use of spin and speed in shot selection. Players learn about different play styles.

Ages: 9-12 Coach to Pupil Ratio: 1:8

ORANGE

ORANGE BALL

Players learn all basic tennis strokes, plus how to serve, rally and score. Introduction to top spin.

Ages: 7-10 Coach to Pupil Ratio: 1:6

ORANGE PERFORMANCE

Players learn more advanced shot selection and point construction through extensive point play. Spins are also introduced.

Ages: 7-10 Coach to Pupil Ratio: 1:8

RED BALL

BLUE STAGE

Players learn fundamental perceptual motor skills such as movement, balance, throwing, catching, tracking and striking.

Ages: 3.5-5 Coach to Pupil Ratio: 1:6

RED BALL

Players learn all basic tennis strokes, plus how to serve, rally and score.

Ages: 5-8 Coach to Pupil Ratio: 1:6

RED PERFORMANCE

Players refine their skills with greater focus on serve, shot selection, technique and rally.

Ages: 5-7 Coach to Pupil ratio: 1:6

TALENT DEVELOPMENT PATHWAY

WHERE ARE YOU ON OUR PROGRAM PATHWAY?

Not sure? Have a chat to our coaches or Pro Shop staff today!