

# WINNING TOUCH TENNIS

## RED ORANGE GREEN PROGRAM BUILT FOR BEGINNER & JUNIOR PLAYERS

### RED BALL

Develops the ABC's (agility, balance, & coordination) by using red felt, foam, & alternative balls.  
*Court: 36 ft; Racquet Size: 19-21 inches*

**PRE RALLY:** Designed for our youngest players as an introduction to the game of tennis. Red balls bounce lower and move slower through the air. There will be an emphasis on hand-eye coordination, stroke production, technique, and a "fun"damental introduction to tennis. This red ball class is for players who are newer to the game and have not yet begun to rally.

**RALLY READY:** Designed for our youngest players who have previously taken a Red Ball class and are recommended to play in the Red Ball (Rally Ready) group. Players in this group should be able to rally a ball with a coach or opponent using the correct grip and swing. If a player has not previously participated in a Red Ball class, you must email Chris Conrad ([cconrad.winningtouchlv@gmail.com](mailto:cconrad.winningtouchlv@gmail.com)) & describe the players' background prior to enrolling in a Rally-Ready class.

[CLICK HERE FOR FULL RED BALL SCHEDULE](#)

SCAN FOR  
SCHEDULE



### ORANGE BALL

*Court: 60 ft; Racquet Size: 23-25 inches*

Once comfortable at the Red Ball level, players graduate to the Orange Ball level. Orange balls bounce higher and move faster than Red Balls but bounce lower and move slower than Green Balls. This class will further teach players the fundamentals of the game, as well as adding more movement and advancing the ability for players to rally with one another. Activities and games will focus on developing groundstrokes and serving consistency as well as transitioning to the net. Players are encouraged to participate in match play and live ball points.

[CLICK HERE FOR FULL ORANGE BALL SCHEDULE](#)

SCAN FOR  
SCHEDULE



### GREEN BALL

*Court: 78 ft; Racquet Size: 26-27 inches*

**CHALLENGER:** Designed for players who are transitioning into full-court play using Green Balls. Green balls are very similar to the traditional yellow tennis ball but have a slightly lower compression so they rebound lower off the court after a bounce. Instruction will emphasize the player's ability to adjust to different heights and depths, while maintaining a technical foundation, with an emphasis on the serve and covering the full court effectively.

**TOURNAMENT READY:** Designed for players who have been recommended to move into a more advanced class. Players in this class are capable of rallying from the baseline with the Green Ball and have developed a stronger stroke foundation. In this session, players will participate in match play and live ball scenarios to prepare them for tournaments. If a player has not registered for this class previously, you must email Chris Conrad ([cconrad.winningtouchlv@gmail.com](mailto:cconrad.winningtouchlv@gmail.com)) and describe the players' background prior to enrolling.

[CLICK HERE FOR FULL GREEN BALL SCHEDULE](#)

SCAN FOR  
SCHEDULE



This program is designed for beginner and junior players who are looking to get into the sport as well as improving their game and uncovering their potential. The focus will be on learning the game from a high level through teamwork, friendship, and friendly competition. Players will develop foundational tennis skills through an interactive and positive learning environment. This program prepares players for the "Journey of Tennis"!



# YELLOW BALL PROGRAM BUILT FOR OLDER JUNIOR PLAYERS

## WINNING TOUCH TENNIS

### Teen DEVELOPMENT

Court: 78 ft

Designed for older juniors with little or no on-court experience who wish to learn more about the game and become better players. The focus will be on mastering all the fundamentals, including groundstrokes, volleys and serves with the goal of being able to rally with one another and play real games.

### CHALLENGER

Court: 78 ft

Designed for players who have prior drill/private lesson experience and are looking to gain consistency and muscle memory using proper technique. Players have already learned the basic fundamentals of the game and can rally with one another on a full court. Emphasis will be placed on refining skills and getting more production from their strokes. Game strategies/positioning will be introduced, in both singles and doubles play, to prepare them for advancement from the JV level to the Varsity level on high school teams. Players should be between UTR 1 - UTR 3.5.

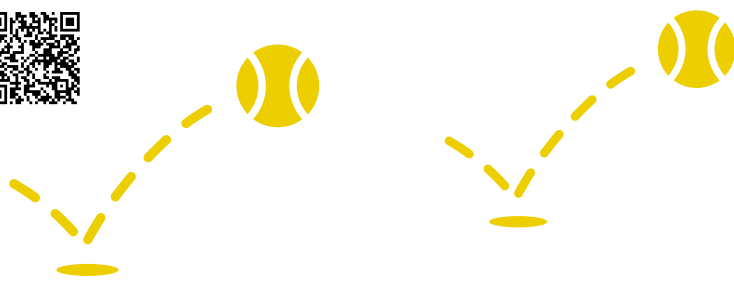
### TOURNAMENT TRAINING

Court: 78 ft

This is our highest-level class intended for intermediate to advanced players who are starting on their respective high school teams and/or who play USTA tournaments. Emphasis will be directed towards point construction, in both singles and doubles, using patterns and other game strategies. Movement is also emphasized in on court drills and match play. Participation in USTA District and Sectional tournaments is encouraged. Players should have a UTR 3.5+. If a player has not registered for this class previously, you must email Chris Conrad at ([cconrad.winningtouchlv@gmail.com](mailto:cconrad.winningtouchlv@gmail.com)) to describe the players' background prior to enrolling.

[CLICK HERE FOR FULL SCHEDULE](#)

SCAN FOR  
SCHEDULE



The primary focus of the high school tennis program is on developing players' technical skills, tactical understanding, physical fitness, and mental resilience. Coaches provide structured training sessions, which include drills, practice matches and conditioning exercises, designed to enhance players' overall tennis abilities. Emphasis is placed on stroke improvement, footwork, strategy and match play proficiency.

The program also offers opportunities for players to compete on the Winning Touch Tennis USTA Junior Team Tennis (JTT) Team with hopes of getting a bid to Nationals. We, as a coaching staff, firmly believe in match play on a consistent basis and will guide players to sign up for appropriate tournaments. These matches allow players to apply their skills in a competitive setting, develop their match strategies and develop confidence in a competitive setting, ultimately preparing them for their upcoming high school tennis season.

Overall, the high school tennis program aims to provide a well rounded tennis experience for players, focusing on skill development, team dynamics, and personal growth, while promoting sportsmanship, fair play, and character development. Coaches instill values such as respect, integrity, and perseverance; encouraging them to display good sportsmanship both on and off the court.

