



FOUR SEASONS RACQUET CLUB JUNIOR PROGRAM

THE FOUR SEASONS JUNIOR TENNIS SYSTEM

What makes this program different? We don't just have catchy names and a website, we have a product that delivers results. This is a proven system which has turned out some of the best players in the country over the past 20 years.

RED BALL - RALLY ROOKIES - AGES 4-8

Red 1

Our Rally Rookies program is Step 1 of the long term development of a Junior Tennis player. Here we Spark the passion for them to enjoy the sport of tennis, while developing the foundation of their movement, reaction and body awareness.

Red 2 & Red 3

This program is designed to turn the kids into little tennis players. They will be able to serve, rally, and score, all while developing their foundation for long-term development. (Later) Introduction to Match Play will take place at these levels.

ORANGE BALL - COURT CRUSHERS - AGES 7-10

Orange 1 & 2

This is where all of the hard work starts. Taking the basic foundation from red ball and developing longer swings, volleys and serve. Incorporates more dynamic movement as well as tactical development during Match Play. These kids are now real little tennis players. This program is 2-3x a week.

GREEN BALL - GRAND SLAMMERS - AGES 9-11

The growth and development that was done on the orange court is now challenged on a bigger court with faster balls. This is where the basic skills are now developed into adult skills that will either help or hurt you later on in your competitive years. At this stage more time is spent on your movement, racquet speed and transition into the net as well as developing your serve and returns for a larger court. This program is 2-3x a week.

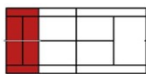
YELLOW BALL - AGES 10 AND UP

At this point our little tennis player will probably choose a path of more USTA competition level or a recreational (high school) level path. Our goal is to provide an enjoyment of the game to reach everyone at their commitment level.

INTELLIGENT TENNIS DEVELOPMENT : THE FOUR SEASONS WAY



FOUR SEASONS RACQUET CLUB



RED 1 Foam / Red Ball
36-ft. court | 1 tie break
Approx. Age: 5-7
Timeline: 1-2 yrs
75% slower

GAME PRINCIPLES
Enjoy Playing

PHYSICAL/MOVEMENT

Side Shuffle
Stop on balance

MENTAL
Listen & follow direction

TACTICAL
Aware of self

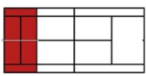
TECHNICAL (Hitting)

Self Feed
Make contact on both sides of body

SERVE
Drop feed to start point

COMPETITION

Red Clinic Play



RED 2 Foam / Red Ball
36-ft. court | 1 tie break
Approx. Age: 6-7
Timeline: 1-2 yrs
75% slower

GAME PRINCIPLES
Rally - be able to play out points

PHYSICAL/MOVEMENT
Stop on balance after hitting shots & recovery back after hitting shots

MENTAL
Mature enough to attend match play

TACTICAL
Be able to understand own shots CC/DTL

TECHNICAL (Hitting)
Can direct/redirect ball to a given target

SERVE
Start the point/direct overhand serves

COMPETITION

Match Play in House Tourneys



RED 3 Foam / Red Ball
36-ft. court | 1 tie break
Approx. Age: 6-8
Timeline: 1-2 yrs
75% slower

GAME PRINCIPLES
Consistently attending match play

PHYSICAL/MOVEMENT
X drill movement

MENTAL
Enjoy training & playing in match play

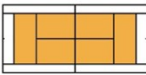
TACTICAL
Be able to direct balls to opponents FH&BH side in a point situation

TECHNICAL (Hitting)
Introduce top spin & slice and defend

SERVE
Hitting to correct boxes during point play

COMPETITION

Match Play in House Tourneys USTA U8 JTT



ORANGE 1 Orange Ball
60-ft. court | Short sets
Approx. Age: 7-10
Timeline: 1-2 yrs
50% slower

GAME PRINCIPLES
Know boundaries (new court size) & new scoring

PHYSICAL/MOVEMENT
Recover back to home base after hitting all shots

MENTAL
Gives a good effort when playing (100%)

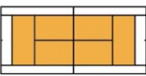
TACTICAL
Understanding space (hitting to open court/away from opponent)

TECHNICAL (Hitting)
Swing must get longer to compensate for the longer court

SERVE
1st&2nd serves overhead (starts to learn spin on serves)

COMPETITION

Match Play in House Tourneys



ORANGE 2 Orange Ball
60-ft. court | Short sets
Approx. Age: 7-10
Timeline: 1-2 yrs
50% slower

GAME PRINCIPLES
Be a consistent player to match play (see COMP)

PHYSICAL/MOVEMENT
Run down ALL balls, Dynamic movement on the run

MENTAL
Enjoying training and playing in match play

TACTICAL
Be able to move opponent around (Angles & move oppo outside lines)

TECHNICAL (Hitting)
Must have complete game and feel at home on this court before moving to Green ball

SERVE
On their way to hitting flat, slice & topspin serves

COMPETITION

Match Play in House Tourneys USTA U10 JTT



GREEN Green Ball
78-ft. court | Regular sets
Approx. Age: 9-11
Timeline: 1-2 yrs
25% slower

GAME PRINCIPLES
Solid points are played

PHYSICAL/MOVEMENT
Recover back home after hitting all shots, including at the net

MENTAL
Gives a good effort when playing (100%) focused

TACTICAL
Must be able to defend & take balls on the rise

TECHNICAL (Hitting)
Must have complete game and feel at home on this court before moving to Yellow ball

SERVE
On their way to hitting flat, slice & topspin serves

COMPETITION

Match Play in House Tourneys USTA U10 JTT

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