

WHAT IS **tennis** 10s

Tennis10s is tennis for players aged 10-and-Under, played on smaller courts with slower balls. It is a fun way to start tennis and makes it easy for children to play the game, develop good technique and tactics, and importantly a love for the sport.

Tennis10s is part of the ITF's 'Play+Stay' campaign. From 2012 the Rules of Tennis state that competition for players aged 10-and-Under must be played with slower Red, Orange and Green balls on the appropriate sized courts. This is a short guide for parents to help them better understand Tennis10s and how they can help ensure that their children have a positive experience playing tennis.

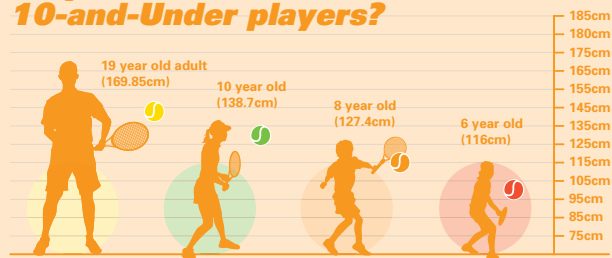
Roger Federer: "I grew up playing with big soft balls, really soft balls. I could easily swing through the shot, and the balls didn't fly all over the place."

THE IMPORTANCE OF PARENTS...

The parent's role is more important in Tennis10s than at any other stage of tennis because children are very influenced by the behaviour of their parents at this age.

Engaging, retaining and developing players is essential to the success of any sport and healthy competition is a key driver in making this happen. Creating a player friendly platform for children to be introduced to competition at a level suitable for their age and understanding is vital. Parents can assist in creating a positive playing environment for their child by providing the right support and encouragement.

Why use slower balls for 10-and-Under players?



So what should parents expect from Tennis10s?

IN TRAINING you should expect to see...

- The use of slower Red, Orange or Green balls, smaller courts and smaller rackets.
- Activities which help your child to serve rally and score, as well as learn good technique.
- Your child rallying and playing points with other children or with the coach, so that they learn tactics and how to play the game better.
- Your child actively involved and never waiting in lines to play.
- An animated coach who effectively organises the children to play and creates a fun and friendly environment.

AT COMPETITIONS you should expect to see...

- A festival type approach using multi match formats with all children getting to play lots of games. Team formats will often be used especially for the younger ages.
- Suitable short scoring method being used.
- Organisers who adapt the rules for players of different abilities to ensure success.
- Scorers or court supervisors present to help the children with scoring, when necessary.

PROGRESSING FROM RED, TO ORANGE, TO GREEN...

It is important that players only progress to the next stage when they are able to control the ball and implement tactics effectively at their current Tennis10s stage. If they move up too soon they may develop poor technique and lose confidence and interest.

Parents should understand that learning to play the game of tennis / compete is a gradual process and as children progress through the 3 stages of Tennis10s, parents should encourage their child to become more independent. Parents should also try to focus on how their child is developing, on their performance and most importantly on their enjoyment, rather than on their results in matches.

Justine Henin: "I think when you're not tall and not strong, it's great to have soft balls and small rackets... it's the way I learned how to play tennis."

Printed & Updated July 2011



Official programme of:
The International Tennis Federation



10 & UNDER TENNIS: A GUIDE FOR PARENTS

For more information, go to:
tennis10s.com



STAGE/ AGE	BALL	BALL SIZE/ RACKET/ COURT SIZE	SCORING OPTIONS	STAGE DESCRIPTION
tennis 10s 5-8 YEARS 	<p>(Foam or Felt) 75% slower than a Yellow ball*</p>	Foam ball 8-9cm Standard ball 7-8cm Racket 17-23" (43-58cm)** Court 10.97-12.8m x 4.88-6.1m Net Height (at the centre) 0.80-0.838m	1 x Tiebreak to 7 or 10 Best of 3 Tiebreaks to 7 1 x Short Set to 4 Timed matches	<ul style="list-style-type: none"> • Slower balls, smaller courts and shorter rackets. • Players are able to play the game from their first lesson. • Players start to play in tennis festival events that use fun, team-based multi match events. • Development of good technique and use of realistic tactics.
tennis 10s 8-10 YEARS 	<p>50% slower than a Yellow ball*</p>	Standard ball 6-6.86cm Racket 23-25" (58-63cm)** Court 17.98-18.29m x 6.4-8.23m Net Height (at the centre) 0.8m-0.914m	Best of 3 Tiebreaks to 7 1 x Short Set to 4	<ul style="list-style-type: none"> • Players move to a larger court, relevant to their size. • Ball is slightly faster than at Red, but continues to provide an optimal striking zone. • Players have the ability to implement advanced tactics. • Matches are longer than at Red, and children play both 'team' and 'individual' multi match events.
tennis 10s 9-10 YEARS 	<p>25% slower than a Yellow ball*</p>	Standard ball 6.3-6.86cm Racket 25-26" (63-66cm)** Full Size Court 23.77m x 8.23m Standard Net Height (at the centre) 0.914m	1 x Short set to 4 Best of 3 Short Sets to 4 (3rd Set as match Tiebreak to 10)	<ul style="list-style-type: none"> • The ball is faster than at Orange. • Ball still slower and lower bouncing than the yellow ball. • Experienced players are able to continue to develop good technique and to implement advanced tactics. • Matches are slightly longer than at Orange, with both 'team' and individual' multi match competition played.
tennis 11 YEARS AND OVER 	<p>Yellow ball</p>	Standard ball 6.54-6.86cm Racket 26-29" (66-73.7cm) Full Size Court 23.77m x 8.23m Standard Net Height (at the centre) 0.914m	Any scoring system within the Rules of Tennis	<ul style="list-style-type: none"> • Players reach Yellow having progressed through the Red, Orange and Green stages. • Players will usually be ready to train and compete with the Yellow ball on the full court.

TIPS FOR PARENTS

SUPPORT

- Allow your child to play in the appropriate stage of Tennis10s so that they can gain confidence and better enjoy playing the game.
- It is best not to watch every match that your child plays as this can place pressure to them.
- Stick to your role as the parent and do not try to become the coach.
- Playing matches is an important part of a player's development and your child should be encouraged by you to compete as well as have lessons.
- Be aware of your child's capabilities and avoid comparing them with others players and their development.
- Be aware that at this age results are not so important. The most important aspect is that they like playing tennis and that they play lots of matches.

ENCOURAGE

- Encourage good behaviour in lessons and matches.
- Do not tolerate bad behaviour, cheating or bad manners.
- Encourage your child to learn independence. Avoid making them depend too much on you.
- Focus on effort instead of results. Never ask "Did you win?" It is better to ask "How did you play?" or "Did you have fun?" Make them realise you are more interested in them than the result.

RESPECT

- Help your child to understand that showing respect for the rules, opponents, and officials, is all part of tennis.
- Respect the opponents, their parents and coaches, and of course the competition officials.
- Always applaud both players.
- Your child's coach has the expertise and they should be respected and appreciated by you.

From 2012, The International Tennis Federation rules will mandate that 10-and-Under competition is organised using slower **Red**, **Orange**, or **Green** balls on the appropriate sized court, with the appropriate sized racket. Players who begin tennis later (e.g. 9 years and Older) are still recommended to begin training and competing at **Red**, before progressing to **Orange** and then **Green**. *(Estimated ball speed) **(Dependent on the size of the player)

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