A GUIDE FOR PARENTS

Smaller courts, slower balls and more fun! Now it’s easier for your kids to play the game and develop a love for the sport right from the start.
TENNIS SIZED RIGHT FOR AGE AND ABILITY

Other youth sports have long used equipment, fields and courts scaled to the size of young kids. Now, it’s tennis’ turn. With tennis sized right, your kids will have more fun and come back for more!

WHAT’S CHANGED?

- Kids play using balls that bounce lower and move slower through the air, making them easier to hit.
- Racquets are sized for small hands and courts are smaller and easier to cover.
- The benefits are immediate, and within a short time, kids are rallying and playing – and are excited to keep playing!
- Kids will have more fun – and feel less frustration.

10 AND UNDER TENNIS PROGRESSION

- Your children will most likely start out playing “red” tennis with a red foam ball. As they improve, they will graduate to a red low-compression ball and on into “orange” tennis and then to “green” tennis.
  - But don’t rush it. Kids all develop at their own pace, and your child should become comfortable at each stage before moving on to the next.
- Do you think your kids are too young for tennis, but you still want them to learn? The good news is that there are a number of introductory tennis-related activities they can engage in, including rolling, tossing or catching a ball. From there, they can slowly graduate to rallying over a net.
- An important component of children’s progression is making sure they have the right equipment. Playing with right-sized equipment ensures health, wellness and injury prevention – three keys for any parent.
- We hope your child loves tennis, but remember, it’s important for kids to engage in a variety of sporting activities. Kids shouldn’t specialize in any sport until they develop and mature.
### USTA GUIDELINES FOR 10 AND UNDER TENNIS

<table>
<thead>
<tr>
<th>STAGE</th>
<th>RED</th>
<th>ORANGE</th>
<th>GREEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGE</td>
<td>8 and under</td>
<td>9 - 10</td>
<td>11 and up</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BALL</th>
<th>Red</th>
<th>Orange</th>
<th>Green</th>
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</thead>
<tbody>
<tr>
<td>Red</td>
<td>felt or foam</td>
<td>Moves slower and bounces lower than orange ball</td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td>Moves slower and bounces lower than green ball</td>
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<tr>
<td>Green</td>
<td>Slightly reduced bounce from yellow ball</td>
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| COURT SIZE | 36’ x 18’ | 60’ x 21’ singles | 60’ x 27’ doubles |
|            | 78’ x 27’ singles | 78’ x 36’ doubles |

| NET HEIGHT | 2’9” | 3’ center, 3’6” at net posts | 3’ center, 3’6” at net posts |
|           |       |                               |                               |

| RACQUET | Up to 23” | 23” – 25” | 25” – 27” |

### MORE EXCITING WAYS TO PLAY!

- **A Kids’ Tennis Club**: A program that allows kids to sample tennis through supervised play and activities.
- **USTA Jr. Team Tennis**: Allows kids to have fun with their friends and play on teams in local leagues.
- **USTA Junior Tournaments**: A great way for kids to enjoy the thrill of competition while making new friends.
- **Play Days**: Provide kids of all levels the opportunity to experience the social and competitive aspects of tennis by playing short matches over a 2-3 hour period.
Encourage your kids to live a healthy and active lifestyle through tennis! Childhood obesity in the U.S. has tripled in the last three decades. Today nearly one in three American kids and teens are overweight or obese.

BUILDING CHARACTER THROUGH TENNIS

• Through play and competition, tennis provides a great opportunity to introduce and reinforce essential character traits including respect, honesty, teamwork, caring and responsibility.

• Make sure your local pro or coach works with your children to help them understand the value of good sportsmanship and fair play in all situations.

HOW TO SUPPORT YOUR CHILD

• Understand that winning isn’t important; the primary reason children play sports is to have fun.

• Play with your child at home or the local park – tennis is a family affair!

• Make sure your child is playing tennis in a positive environment with an enthusiastic and supportive coach.

For more information visit 10ANDUNDERTENNIS.COM
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