

Mini Tennis is split into four stages:

- Tots: 3-5 years - Learn the basics
- Red: 5-8 years - Serve, rally and score
- Orange: 8-9 years - Develop a rounded game
- Green: 10 years - Put your skills to the test

At each stage the game is tailored to fit different age groups with different sized courts and balls. This will allow your child to develop in an environment where they are surrounded by players of a similar ability as well as being able to make new friends who are of similar age.

Mini Tennis Tots

This phase teaches children between the ages of three and five how to enjoy the game through a series of fun activities with the aim of improving their balance, co-ordination, agility, movement, and racket and ball skills.

Mini Tennis Red

Mini Tennis Red is for players aged 8 and under. Players learn to serve, rally and score with a slow ball, as well as learning the movement and co-ordination skills needed for tennis. Players are encouraged to play fun competitions in teams and as individuals, with short matches using tie-break scoring.

Mini Tennis Orange

Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red and is for players aged 8 and 9. Players develop a rounded game learning a range of techniques and tactics. Courts are bigger and wider than the red stage but still smaller than full-size tennis courts. There are team and individual competitions with matches using tie-break scoring.

Mini Tennis Green

This is for 10-year-olds who are ready to test their skills on a full-size court. Our approach to helping children into the sport makes it far easier for them to develop their skills and progress with their tennis.

Participating in Mini Tennis will be beneficial for your children on many levels. Their confidence will grow as they progress through the stages. They'll get all the benefits of regular physical activity too, their work on the court will help them to keep fit, healthy and happy. They'll learn the fair play values of tennis as well – these encourage good behaviour and sportsmanship.

You can play your part too; we welcome you to encourage them to practice at home and for them to feedback to you that they're still enjoying their sessions as much as they should. Mini Tennis is not about winning or losing; it's about enjoying sport with a smile on their face.

We want children to flourish in an environment where they feel comfortable and feel like their skills are continuing to improve.