

Pierremont Oaks Junior Development

Youth Progression

GREEN BALL – (Ages 10 & up) – 78 ft. Court

1. Athletic Development

- Push ups
- Able to run a mile without stopping
- Plank for a minute
- 6 inch's for a minute
- Wall sit for a minute
- QUICK change of direction using forward, back, and sideways

2. Serve/ Return

- Must use continental grip
- Ability to serve/return in all 6 zones using different spins
- Ability to use different toss location for different serves
- Good use of legs driving up
- Use well timed split step on return
- Must be able to make 9 out of 10 serves in the box (2nd serve)
- Must be able to hit 9 out of 10 (2nd serve returns) back in court

3. Groundstrokes

- Ability to recognize different contact zones
- Must be able to hit all 6 landing zones (cross , DTL, angles)
- Must have good control of backhand slice
- Purposeful use of drop shot and lob
- Able to rally with a partner - 20 shots in each direction

4. Net play

- Ability to hit from different contact zones
- Ability to hit to different landing zones
- Ability to serve and volley
- Mid-Court high volley
- 1 handed BH volley
- Overhead with different spins to different locations

5. Gameplay

- Ability to play full match without assistance
 - Set to 4 or 6
 - Understand Tiebreak rules