

## **Pierremont Oaks Junior Development**

### Youth Progression

#### **ORANGE BALL (8-10 years) – 60 ft. court**

##### **1. Athletic Development**

- Accurate overhand and toss
- Catch with 1 hand each side
- Lunges
- Planks
- Back pedal
- Depth perception and special awareness

##### **2. Serve/ Return**

- Must have continental grip
- Must be able to hit flat or slice
- Begin understanding how to hit “kick” or “topspin”
- Must be able to serve 5 out 10 in each service zone (all 4)
- Must be able to hit 5 out of 10 returns in each zone (all 4)

##### **3. Groundstrokes**

- Must use correct grips for topspin and slice
- Must be able to hit different spins (flat, topspin, slice)
- Ability to hit from different CONTACT zones
- MUST LEARN A BACKHAND SLICE
- Must be able to hit 5 out of 10 to each target zone (line, cross, angle)
- Must be able to hit depth 7 out of 10 pass service line
- Able to rally with a partner 10+ shots from baseline

##### **4. Net play**

- Maintain racquet above hand/wrist
- Understand and use the split step
- Set racquet out in front of body
- Compact volley stroke with good use of legs
- Volley from both FH and BH side with backspin on volley
- Volley to 4 zones (down the line, cross court, angles)
- Overhead to 2 zones (cross or DTL)

##### **5. Gameplay**

- Understand lines (in and out) in both singles and doubles
- 2 out of 3 sets to 4 games with 7-point TB for 3rd
- Able to keep score without much assistance