

Pierremont Oaks Junior Development

Youth Progression

RED BALL – (Ages 5-7) – 36 ft. court

1. Athletic Development

- Throw overhanded and catch
- Balance on 1 leg (left and right)
- Stop and go
- Side shuffle
- Back pedal
- Depth perception and special awareness

2. Serve/ Return

- Must be able to serve overhand
- Straight arm toss
- Must have eastern or continental grip
- Must be able to serve 5 out 10 in the correct box
- Must be able to hit 5 out of 10 returns back in court

3. Groundstrokes

- Must use correct grips (eastern FH, continental/eastern BH)
- Low to high motion finish over the opposite shoulder
- Contact point between waist and shoulders
- Must be able to hit 5 out of 10 over net from each side
- Must be able to hit with DIRECTION (cross court, or down the line)
- Able to rally with a partner 10+ shots from baseline

4. Net play

- Must use correct grip (continental) with racquet above hand
- Understand and use the split step
- Move to net and volley Intentionally
- Volley out of air with compact volley stroke
- Volley from both FH and BH side
- Volley with direction (down the line or cross court)
- Overhead

5. Gameplay

- Understand lines (in and out)
- Understand switching of sides (ad and deuce) and ends.
- Understand 1 bounce rule
- Able to keep score with assistance from coach/parent
- 2 out 3 sets (tie breakers) to 7 pts – switching serves every 2 pts

