



Red Ages 4-7 | Orange Ages 8-10 | Green Ages 11-12 | Yellow Ages 13-17
Youth Development Program

Student Information:

Players Name: Birthday:

Address: Home Phone:

Parent Information:

Name: Cell Phone: Email:

Red Elite (Ages 4 - 7)

Session 1:

- MONDAY 5:00 - 6:00 p.m. November 30 - February 8
THURSDAY 4:00 - 5:00 p.m. December 3 - February 11
SATURDAY 9:00 - 10:00 a.m. December 5 - February 6

Session 2:

- MONDAY 5:00 - 6:00 p.m. February 22 - May 17
THURSDAY 4:00 - 5:00 p.m. February 25 - May 20
SATURDAY 9:00 - 10:00 a.m. February 27 - May 22

Orange Elite (Ages 8 - 10)

Session 1:

- MONDAY 5:00 - 6:00 p.m. November 30 - February 8
THURSDAY 4:00 - 5:00 p.m. December 3 - February 11
SATURDAY 8:00 - 9:00 a.m. December 5 - February 6

Session 2:

- MONDAY 5:00 - 6:00 p.m. February 22 - May 17
THURSDAY 4:00 - 5:00 p.m. February 25 - May 20
SATURDAY 8:00 - 9:00 a.m. February 27 - May 22

Green Elite (Ages 11 - 12)

Session 1:

- WEDNESDAY 4:00 - 5:00 p.m. December 2 - February 10
THURSDAY 5:00 - 6:00 p.m. December 3 - February 11
SATURDAY 10:00 - 11:00 a.m. December 5 - February 6

Session 2:

- WEDNESDAY 4:00 - 5:00 p.m. February 24 - May 19
THURSDAY 5:00 - 6:00 p.m. February 25 - May 20
SATURDAY 10:00 - 11:00 a.m. February 27 - May 22

Yellow Elite (Ages 13 - 17)

Session 1:

- MONDAY 4:00 - 5:00 p.m. November 30 - February 8
WEDNESDAY 5:00 - 6:00 p.m. December 2 - February 10
SATURDAY 11:00 - 12:00 p.m. December 5 - February 6

Session 2:

- MONDAY 4:00 - 5:00 p.m. February 22 - May 17
WEDNESDAY 5:00 - 6:00 p.m. February 24 - May 19
SATURDAY 11:00 - 12:00 p.m. February 27 - May 22

TOTAL:

\* A racquet and non-marking tennis shoes are required. Please note payment will be charged upon receiving this form to the credit card on file. Once payment has been made there will be no refunds or makeups. All parents are required to sign a waiver for their children. The player must bring a signed copy to their first day of class.

# Youth Development Pathway

**Mission Statement:** Elite's Youth Tennis mission is to use tennis education to enhance the personal health of youth and to inspire them through the challenge of learning and playing tennis. Each day, we attempt to provide a fun, educational atmosphere where youth are encouraged to seek personal skill improvement.

Youth tennis is considered to be the base of Elite's tennis learning system, providing a solid technical foundation through a whole person approach where all player's personalities, needs and aptitudes are valued.

The information you see below will provide a basic structure for each class, and how the players will transition from one level to the next. The curriculum will support nurturing the identified skills.

## FOUNDATION

**RED ELITE (AGES 4-7)**  
 Ball watching  
 Hand/eye coordination  
 Movement/balance  
 Basic set-up and finish  
 Simple stroke mechanics  
 Follow direction/listening  
 Values sportsmanship  
 Have fun/celebrate success


**ORANGE ELITE (AGES 8-10)**  
 Ball recognition  
 Concept of spin  
 Understanding stances  
 Advanced movement  
 More consistent swing  
 Introduction to focus & competition  
 Values sportsmanship  
 Have fun/celebrate success

**GREEN ELITE (AGES 11-12)**  
 Basic anticipation  
 Positioning/recovery  
 Concept of feel/control  
 Values consistency  
 Values sportsmanship  
 Basic plays/tactics  
 Understanding of intermediate competition  
 Have fun/celebrate success


**YELLOW ELITE (AGES 13-17)**  
 Basic anticipation  
 Positioning/recovery  
 Concept of feel/control  
 Values consistency  
 Values sportsmanship  
 Basic plays/tactics  
 Understanding of advanced competition  
 Have fun/celebrate success

## BASIC TESTING SKILLS


Balance the ball on racquet w/ proper grip  
 Toss & catch  
 Bounce the ball w/ racquet facing down & up  
 Agility Test - split step, shuffle v running  
 Name and demonstrate the basic shots  
 Forehands/Backhands - transition between each  
 FH/BH Volley - transition between each  
 Understand the serve  
 Rally w/ coach




Identify the lines on court  
 Scoring format & rules  
 Identify the different grips  
 Understand straight spin  
 Forehands, backhands & volleys w/ targets  
 Execute serve  
 Basic ladder drills, push ups, sit ups & jump rope  
 More advanced rally w/coach



Scoring - tiebreaker  
 Basic positioning - singles  
 Execution of all basic shots  
 Consistent finishes  
 Execution of directed shots  
 Timing of high & low balls  
 Execute a 1<sup>st</sup> & 2<sup>nd</sup> serve  
 More advanced ladder drills, push ups/ sit ups & jump rope  
 Rally w/ another player



Play a doubles tiebreaker  
 Understand basic positioning - singles and doubles  
 Identify various stances  
 Understanding several basic plays  
 Execution of all basic shots  
 Consistent finishes  
 More advanced fitness - agility/flexibility  
 Better direction & execution of first and second serve  
 Advanced rally w/ another player



Elite Skills Test Dates: November 7, 2020 & May 1, 2020 \* Invitation Only