



TIPS FOR PARENTS

SUPPORT

- Allow your child to play in the appropriate stage of Tennis10s so that they can gain confidence and better enjoy playing the game.
- It is best not to watch every match that your child plays as this can place pressure to them.
- Stick to your role as the parent and do not try to become the coach.
- Playing matches is an important part of a player's development and your child should be encouraged by you to compete as well as have lessons.
- Be aware of your child's capabilities and avoid comparing them with others players and their development.
- Be aware that at this age results are not so important. The most important aspect is that they like playing tennis and that they play lots of matches.

ENCOURAGE

- Encourage good behaviour in lessons and matches.
- Do not tolerate bad behaviour, cheating or bad manners.
- Encourage your child to learn independence. Avoid making them depend too much on you.
- Focus on effort instead of results. Never ask "Did you win?" It is better to ask "How did you play?" or "Did you have fun?" Make them realise you are more interested in them than the result.

RESPECT

- Help your child to understand that showing respect for the rules, opponents, and officials, is all part of tennis.
- Respect the opponents, their parents and coaches, and of course the competition officials.
- Always applaud both players.
- Your child's coach has the expertise and they should be respected and appreciated by you.

STAGE/ AGE	BALL	BALL SIZE/ RACKET/ COURT SIZE	SCORING OPTIONS	STAGE DESCRIPTION
tennis 10s 5-8 YEARS 	<p>(Foam or Felt) 75% slower than a Yellow ball*</p>	Foam ball 8-9cm Standard ball 7-8cm Racket 17-23" (43-58cm)** Court 10.97-12.8m x 4.88-6.1m Net Height (at the centre) 0.80-0.838m	1 x Tiebreak to 7 or 10 Best of 3 Tiebreaks to 7 1 x Short Set to 4 Timed matches	<ul style="list-style-type: none"> • Slower balls, smaller courts and shorter rackets. • Players are able to play the game from their first lesson. • Players start to play in tennis festival events that use fun, team-based multi match events. • Development of good technique and use of realistic tactics.
tennis 10s 8-10 YEARS 	<p>50% slower than a Yellow ball*</p>	Standard ball 6-6.86cm Racket 23-25" (58-63cm)** Court 17.98-18.29m x 6.4-8.23m Net Height (at the centre) 0.8m-0.914m	Best of 3 Tiebreaks to 7 1 x Short Set to 4	<ul style="list-style-type: none"> • Players move to a larger court, relevant to their size. • Ball is slightly faster than at Red, but continues to provide an optimal striking zone. • Players have the ability to implement advanced tactics. • Matches are longer than at Red, and children play both 'team' and 'individual' multi match events.
tennis 10s 9-10 YEARS 	<p>25% slower than a Yellow ball*</p>	Standard ball 6.3-6.86cm Racket 25-26" (63-66cm)** Full Size Court 23.77m x 8.23m Standard Net Height (at the centre) 0.914m	1 x Short set to 4 Best of 3 Short Sets to 4 (3rd Set as match Tiebreak to 10)	<ul style="list-style-type: none"> • The ball is faster than at Orange. • Ball still slower and lower bouncing than the yellow ball. • Experienced players are able to continue to develop good technique and to implement advanced tactics. • Matches are slightly longer than at Orange, with both 'team' and 'individual' multi match competition played.
tennis 11 YEARS AND OVER 	<p>Yellow ball</p>	Standard ball 6.54-6.86cm Racket 26-29" (66-73.7cm) Full Size Court 23.77m x 8.23m Standard Net Height (at the centre) 0.914m	Any scoring system within the Rules of Tennis	<ul style="list-style-type: none"> • Players reach Yellow having progressed through the Red, Orange and Green stages. • Players will usually be ready to train and compete with the Yellow ball on the full court.

From 2012, The International Tennis Federation rules will mandate that 10-and-Under competition is organised using slower **Red**, **Orange**, or **Green** balls on the appropriate sized court, with the appropriate sized racket. Players who begin tennis later (e.g. 9 years and Older) are still recommended to begin training and competing at **Red**, before progressing to **Orange** and then **Green**. *(Estimated ball speed) ** (Dependent on the size of the player)

For more information, go to:

tennis10s.com