

## Mini Tennis

Mini Tennis is an LTA endorsed initiative played by children aged four to ten years using shorter rackets, low compression balls & modified courts. Optima runs Mini Tennis coaching courses & tournaments at Lymm LTCC which is an LTA Mini Tennis Accredited Centre.

Mini Tennis Red A (4 - 9 years). This group is for children who are approaching the level where they can compete in county tournaments. They can have short groundshot rallies & serve from the baseline. Mini Tennis Red is played either on a badminton sized court (usually indoors) or a modified outdoor tennis court. Short rackets (17" - 23") are used along with sponge or low compression red balls. The tie-break scoring system to 7 or 10 points is used.

Mini Tennis Red B (4 - 9 years). A great introduction for young children with little or no experience. Lots of throwing, catching, running & general co-ordination skills are practised along with basic tennis shots. Court size, rackets, balls & scoring are the same as in Red A.

Mini Tennis Orange (7+ years). Played on  $\frac{3}{4}$  of the length of a full court. Rackets are usually 23" - 25" long and orange balls are used which are lighter and softer than the normal ball. The scoring system used could be either a tie-breaks (up to 7 or 10) points or short sets up to four games.

Mini Tennis Green (8+ years). Played on full court with rackets that are usually 25" - 26" long. Green balls are used that are the same size, but have a slightly lower compression, than the standard ball. The standard scoring system is used but the match duration can be shortened. At this level, children are rallying from the back of the court, serving over-arm and are applying basic tactics in match situations.

Performance (6+ years). These groups span the three age bands & are invitation only. They are designed for the keenest and most able players. All players on the Performance Programme are expected to play a minimum of ten LTA recognised tournaments a year.

The top players have personalised programmes that include group and individual lessons as well as fitness schedules. After consultation with parents and the children, Annual Plans are produced that factor in all relevant aspects of the player's weekly commitments to help devise a schedule that is enjoyable, effective and workable.