

PROGRESSION CHART

	TINY TOTS	MUNCHKINS	ROOKIES	ADVANCED ROOKIES	CHALLENGERS
AGE	3 - 4	5 - 6	7 - 10	8 - 10	10 - 14
BALL	Foam/Red	Red	Red/Orange	Orange/Green dot	Orange/Green dot
COURT	36'	36'	36'	68' or 78'	68' or 78'
RACQUET	19' or 21'	21' or 23'	23' 25' or 26'	25' 26' or 27'	26' or 27'
FOREHAND	Closed/sideways stance. One hand. Low to high swing.	Closed stance. Linear footwork. Movement to the ball.	Closed stance. Movement to the ball. High set and finish.	Open and closed stance. High set. Topspin. Extension.	Open and closed stance. High set. Topspin. Extension
BACKHAND	Closed stance. Two hands. Swing low to high.	Closed stance. Two hands. Linear footwork. Movement to the ball.	Closed stance. Movement to the ball. Set and finish.	Closed stance. Movement to the ball. Set and finish. Topspin. Extension.	Closed stance. Movement to the ball. Set and finish. Topspin. Extension.
SERVE	Throwing.	Throwing and tossing. Comfortable grip.	Wide stance. Full swing. Rotate hips and shoulders. Comfortable grip.	Wide stance. Full swing. Rotate hips and shoulders. Continental grip.	Wide stance. Full swing. Rotate hips and shoulders. Continental grip.
VOLLEY	Block. Punch.	Block. Punch.	Unit turn. Split step forward.	Unit turn. Split step forward. Turn step.	Unit turn. Split step forward. Turn step.
OTHER SKILLS	Throwing, catching, running, hopping, balance, parts of the court	Throwing, catching, running, hopping, balance, side movements, parts of the court, court boundaries	Directional hitting, footwork, shuffle to cross, rallying, court boundaries, games to 7 points.	Directional hitting, footwork, shuffle to cross, rallying, anticipation, court boundaries, rules, etiquette, mini sets, tie breakers.	Directional hitting, footwork, shuffle to cross, rallying, anticipation, court boundaries, rules, etiquette mini sets, tie breakers.

