

LTA YOUTH PROGRAMME

STAGES

LTA Youth has 6 stages:

- **Tennis for Kids: 4-11 years - Introductory offer**
- **Blue: 4-6 years - Learn the basics**
- **Red: 6-8 years - Serve, rally and score**
- **Orange: 8-9 years - Develop a rounded game**
- **Green: 9-10 years - Test your skills**
- **Yellow: 10+ years - Take your skills further**

*Although we've assigned ages to each stage these are just a guide. We'll always put kids in the relevant group based on their ability.

Please contact administration@bsltc.co.uk if you would like more information, have a question, or are ready to get your child involved!

Never held a racket? No problem, our specially trained LTA Youth coaches will adapt to each individual, to help bring out their best in a safe, secure environment. All kids need to bring is their creative energy, because the programme is designed to grow as they do. Smaller courts and softer balls develop into the real deal as they pick up all the skills and know-how they need.



TENNIS FOR KIDS

Our introductory Tennis for Kids offer, taught by trained coaches, will get your child into the game, teaching them all the basics, and is suitable for those aged 4-11. These sessions are full of energy and cater to all abilities so nobody's getting left behind. This is no place for "quiet please" and it's guaranteed to get kids going.

Tennis for Kids is a fun starter course for children who have never played the sport before or may have played very little. Packed full of fun games and training drills to get kids active, it also gives parents the chance to join in too.

For £25 (+£4.99 P&P) you will receive:

- **Six top-class tennis sessions with specially trained coaches**
- **A tennis racket and set of balls**
- **A branded t-shirt**
- **Activity cards, a lanyard, stickers and a certificate (provided by the coach)**



BLUE STAGE (Age 4-6)

Young children are bundles of energy just running around without a care in the world. But the programme is designed to finesse their fine motor skills like balance, agility and coordination. At this stage it's not about winning or losing but just getting to grips with the basics.



RED STAGE (Age 6-8)

This looks a bit more like the tennis you know; overarm serves, rallies, scoring. Kids can use their new knowledge to play in competitions as teams or individuals. It's still soft balls and small courts but they're learning everything they'll need for the game ahead.



ORANGE STAGE (Age 8-9)

All the skills they've been learning are turning them into tennis Titans. Time to throw in some tactics, extra techniques, problem-solving and leadership too; they're becoming Mini Muzza's before your eyes.



GREEN STAGE (Age 9-10)

Where does the time go? They're fast approaching becoming teenagers and so it's time to let them loose on real, full-sized courts. Now it's all about fine tuning and refining the techniques they've learned over the years. Welcome to the Big Leagues, junior.



YELLOW STAGE (Age 10+)

At the Yellow stage, children are now playing on a full-size court with the balls the professionals use. Children will continue to explore different game styles and start to find their own. They will evolve through well-rounded motor skills development whilst improving their physical capacities.