







MIDWEST

**JUNIOR**

# TENNIS PATHWAY

<p><b>RED</b> 5-8 years.</p>	 <p><b>Red foam felt</b> 75% slower than yellow ball</p>	<p>Slower balls, smaller courts and shorter racquets enable young players to rally and play much sooner. Players start to play individual and team games and activities, develop good technique and use simple tactics. All 8 and under USTA/Midwest Section sanctioned tournaments must use these specifications.</p>
<p><b>ORANGE</b> 9-10 years</p>	 <p><b>ORANGE</b> 50% slower than yellow ball</p>	<p>The court is larger and the ball is faster than the red ball but continues to provide an optimal striking zone and the ability to implement advanced techniques and tactics. Matches are longer and kids play both team and individual events. The USTA/Midwest Section recommends these specifications for 10 and Under Tennis Level 7 sanctioned tournaments.</p>
<p><b>GREEN</b> 10 &amp; Under</p>	 <p><b>GREEN</b> 25% slower than yellow ball</p>	<p>The Green ball is faster than the Orange ball but is still slower and lower bouncing than the Yellow ball. This helps players to continue to develop good techniques, movement, as well as implement advanced tactics. Both team and individual events are played. The USTA/Midwest Section recommends this stage of training and it is required in all Level 1-6 tournaments in the USTA/Midwest Section Points per</p>
<p><b>YELLOW</b> 11 &amp; Over</p>	 <p><b>YELLOW</b></p>	<p>Once players have progressed through the Red, Orange, and Green stages, they will be ready to train and compete with a Yellow ball on the full court.</p>