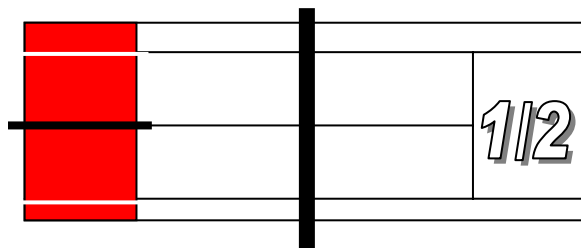
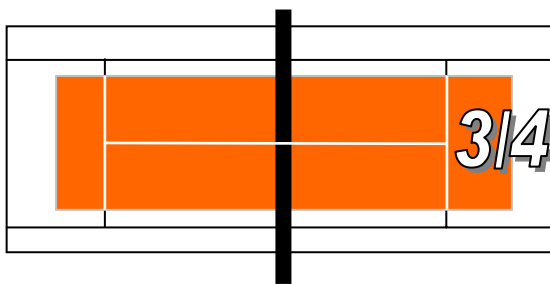


RUNNING A PROGRESSIVE TENNIS COMPETITION

Version 2.1 Revised April 2008



1/2 Court Tennis
Under 8 Years



3/4 Court Tennis
Under 10 Years

ACE
INTERNATIONAL
Advanced Coaching Enhancement
Powered by ACECOACH.COM

PROGRESSIVE TENNIS – Innovation in Junior Development

A mini-revolution is brewing in North America. The approach is called “Progressive Tennis”. It is imported from European countries like Belgium where it was used to successfully develop players like Justine Henin and Olivier Rochus. In Switzerland, Roger Federer promotes the approach. Progressive Tennis uses a systematic progression of court sizes, balls, and racquets, to scale the game down to an appropriate level for 5-10 year olds. The International Tennis Federation (ITF) is also featuring Progressive Tennis in their world-wide, “Tennis...Play & Stay”, initiative.

WHAT’S OLD IS NEW AGAIN

Modified racquets and balls are not new. For example, Tennis Canada unveiled its ‘new’ Mini-Tennis initiative in 1986 with a video featuring Bjorn Borg (Sweden was using Mini-Tennis in their junior development system). The equipment has been around for a while, as has the ‘graduated length’ concept. Coaches have used bits and pieces for years seeing the advantage from the perspective of fun and safety.

The difference this time is that all these elements have been brought together in a much more systematic way than ever before. Tennis companies now carry the full line of equipment. The organization of the progression gives the approach more power to transform players better and faster. Simply put, learning tennis is more effective with this progressional, systematic approach.

SYSTEM BASICS

Here is the basic progression. Levels are colour-coded for easy recognition:

1/2 Court Tennis (Red) 5-7 yrs

(Called 12 Meter in Europe/36’ Tennis in the USA)

COURT: Net height: 80 cm (31.5 inches)

Length: 11 m (36 feet)

Width: (singles): 5.5 m (18 feet)

RACQUET: 19 - 23 inch (depending on player size)

BALL: High Density Foam ball (e.g. Wilson “EZ Hit”)



1/2 Court Tennis is played sideways across the court from doubles sideline to doubles sideline (11 meter/36 foot length). 1/2 Court Tennis uses an oversize, high-density foam ball which is easier to visually track, receive, and control, since it flies slower and bounces lower. Regular rules apply with the exception that the server can serve anywhere in the opponent’s court (in front of the singles sideline), and the scoring is simplified.

3/4 Court Tennis (Orange) 7-9 yrs (Called 18 Meter in Europe/60' tennis in the USA)

COURT: Net height: 80 cm (31.5 inches) Length: 18 m (59 feet) Width: (singles): 6.5 m (21.3 feet)
RACQUET: 23-25 inch (depending on player size)
BALL: Low Compression ball (e.g. Wilson "EZ Pace" ball)



$\frac{3}{4}$ Court Tennis uses a scaled down court (length and width). For a 7-9 year old, the ratio of length to width is basically the same as a full sized court is to an adult. This allows for development of an all-court game style with net-play. The key is to develop the same tactics as full court tennis along with the associated techniques. $\frac{3}{4}$ Court Tennis uses low-compression balls that facilitate this tactical development. The balls are easier to control and don't bounce as lively as a regular ball. They also assist development of good biomechanics. $\frac{3}{4}$ Court Competition is played on an 18 x 6.5 meter court with low compression balls. Full tennis rules apply.

Full-Court Tennis (Green) 9-11 yrs (Called 24 meter Tennis in Europe)

COURT: Net height: 91.5 cm (3 feet) Length: 23.77 m (78 feet) Width: (singles): 8.25 m (27 feet)
RACQUET: 25 - 27 inch (depending on player size)
BALL: Transition ball (e.g. Wilson "EZ Play")



The final step in the progression is to move 9-11 year olds to the full court. Transitional balls that fly slower and bounce lower are used to enhance consistency and control. After 'graduating' from the Progressive Tennis System, players would be fully developed to successfully use a full court and regular balls and play in regulation full court competition.

THE PLAY IS THE THING

Currently, coaches use this modified equipment as a novelty. Because tennis is challenging to play, typical North American lessons consists of a series of "fun" games that poorly or indirectly develop good skills. Many coaches think, "*They can't play until they learn properly so, they should just have fun*". Since it is not believed kids can play skillfully at an early age, lessons become time-filler activities. The problem is, playing "Tennis-Baseball" or dressing kids up in costume may seem exciting however, one could do those games for years and still never learn to rally.

The power of the progressive tennis system is that it allows players to *play* quickly and successfully. In Progressive Tennis, the philosophy is that tennis is a great and fun game to play and the quicker and more skillfully a player can play, the more fun it is. No need to 'dress it up' with trivial activities.

Each program not only has specific equipment to aid success, but particular skills to develop as well. It is recommended a Game-Based Approach be used. **The coach's job is to get them to play, and help them learn to play better.**

Progressive Tennis training sessions should include play and there should be a schedule of leagues or even tournaments at $\frac{1}{2}$ Court and $\frac{3}{4}$ Court lengths.

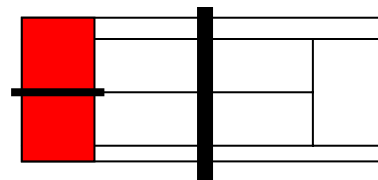
RESOURCES

A number of companies carry the equipment. Wilson has the full progression of racquets, balls and quick set-up Mini nets. Wilson also carries "Drop-down" EZ Lines to make court boundaries. 'Roll-down' lines are available from the Tennis Canada Tennis Professionals Association (TPA) or www.ontcourtoffcourt.com.

Using the Progressive Tennis approach can speed up the development of younger players. Tennis Canada is promoting the approach to all coaches and facilities. A Progressive Tennis development curriculum has been created as a resource for coaches and programs across the country so implementing Progressive Tennis will be easier.



1/2 COURT TENNIS



1/2 Court Notes:

Balls: Only oversize foam balls should be used for 1/2 Court Tennis (e.g. Wilson EZ Hit or Dunlop SpeedBalls)

Court lines: Use Roll-down lines or Masking tape. Set-up time approximately 2 minutes per court with 2 people.

Nets: Mini-Tennis nets are highly recommended however, rope or 'police tape' can also be used.

Scheduling: For scheduling events, it is easier for set-up and take down if 1/2 Court matches are played on the same court or, during one time block. Avoid setting up the court, taking it down, setting it up again, throughout the day, etc.

Rules: In 1/2 Court Tennis, all the regular rules of tennis apply except for:

- Players can serve anywhere into the 1/2 Court as long as the ball lands in front of the Full court singles sideline (see "Service-box" on diagram #1).
- Players can stand anywhere behind the 1/2 Court baseline to serve (as long as they are in-between the 1/2 Court sidelines).
- Players get 2 serves. Players may serve underhanded or overhand however, the ball cannot bounce before it is struck.

Format: It is best to use non-elimination formats so players are not eliminated after 1 or 2 matches. The goal is to encourage play.

Events are run over two days. The recommended format for 1/2 Court play is a 'pooled' round robin format (4-6 players per pool). Players play everyone in their pool on day 1. On day 2 the top players from the pools would be re-grouped into their own pool, the 2nd players in the next pool, etc.

Matches: Play would be 'timed blocks' of 15-20 minutes per match.

Games: Games would be first player to reach 11 (can be reduced to 9 if time is an issue). Players play two points as server and then 2 points as returner, etc. (Alternate server every two points). Player with the most **points** (even though they are playing games to 11) at the end of the timed play block wins. Ties are acceptable.

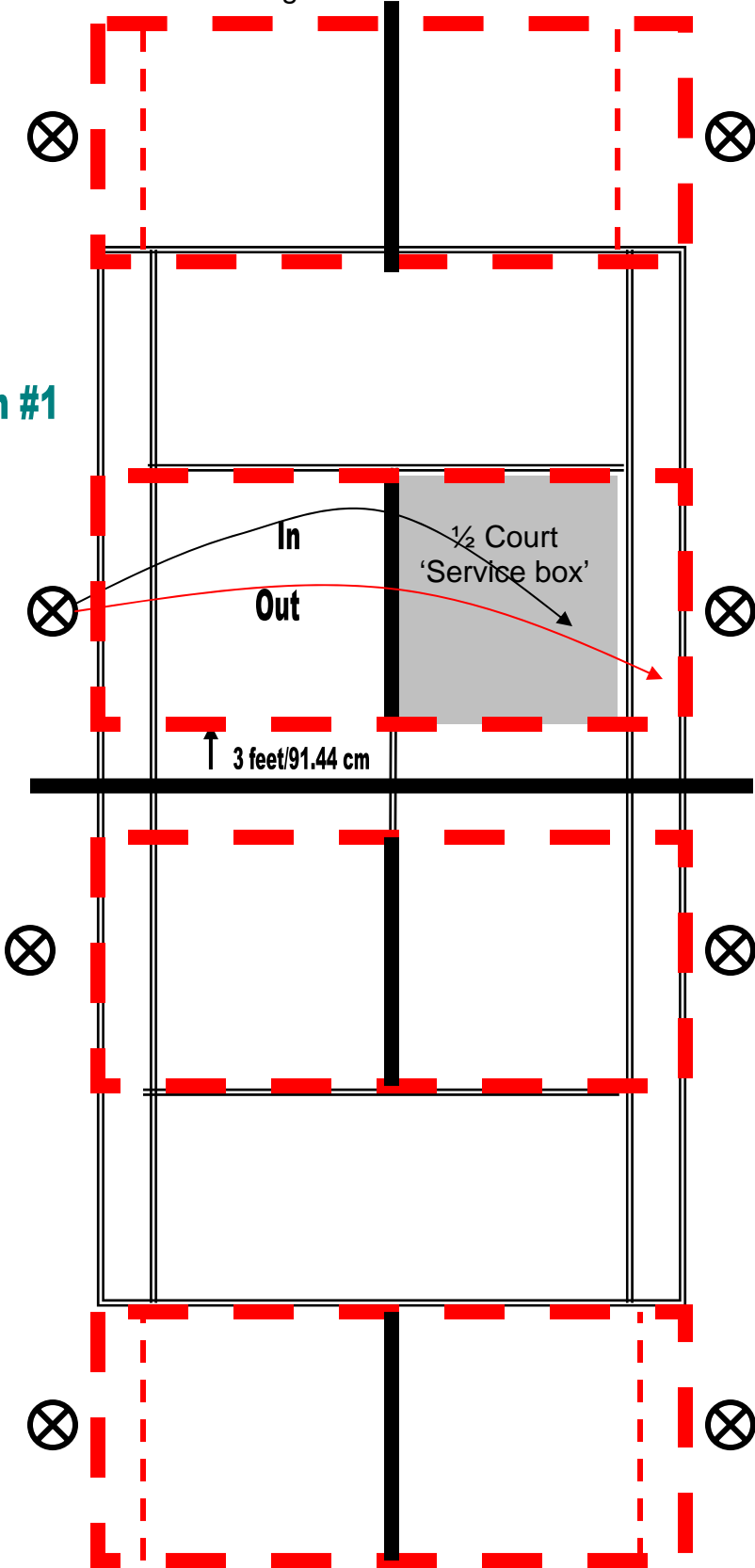
Prizes: Each pool on day 2 would have a 'champion' however, it is recommended that winning be down-played (e.g. all participants should get a ribbon, medal, certificate, etc. and prizes could even be given by prize draw).

Score-keepers: It is important to have volunteers (parents or older players) on each 1/2 Court to act as score-keepers. It is helpful to indicate this in the tournament entry information. The only rule is, parents can't be a score-keeper on their child's court.

1/2 Court Competition Court Set-up – Standard Layout

Set-up four 1/2 Courts (36 feet x 18 feet/11x 5.5 meters) on one full court. Nets should be 80cm/31.5 inches high.

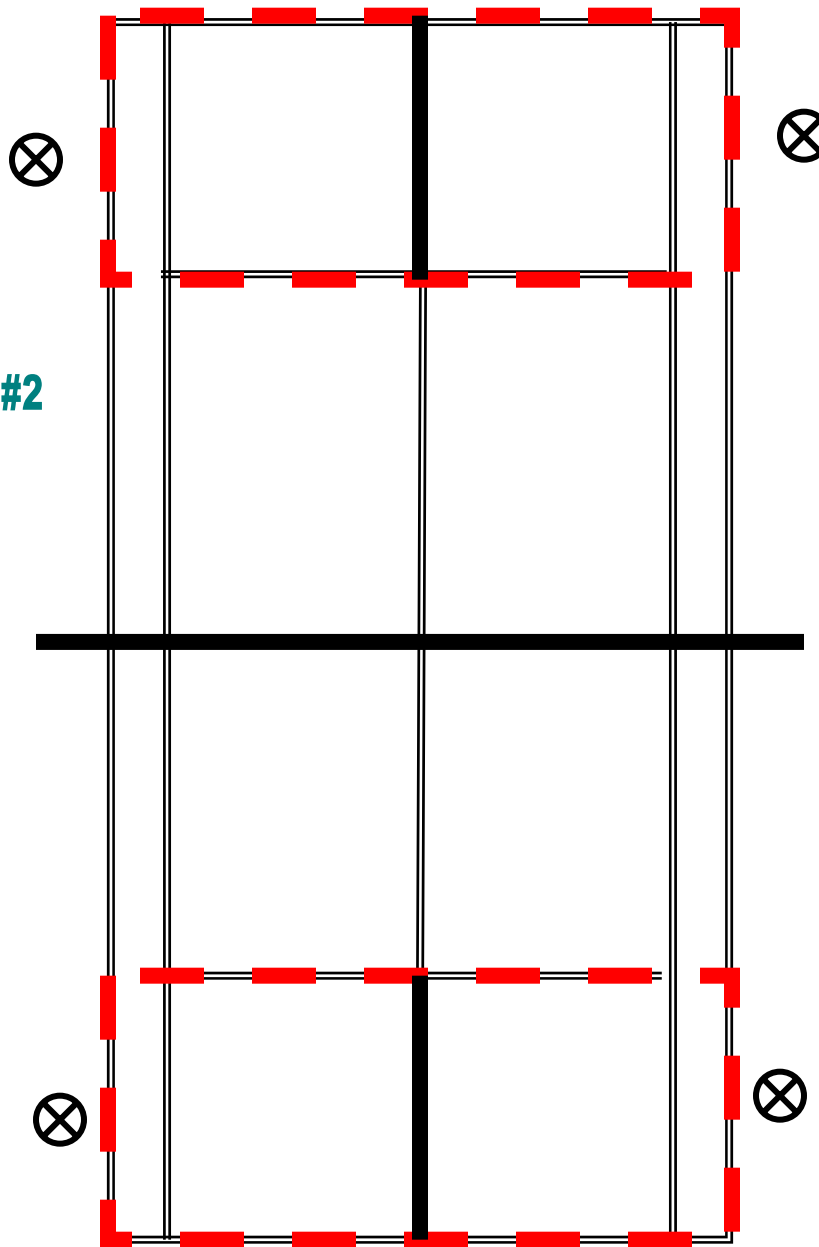
Diagram #1



1/2 Court Competition Court Set-up – “Luxury” Layout

If court time is not an issue, set-up two 1/2 Courts (36 feet x 18 feet) on one full court. With this set-up, no additional lines need to be placed on the court.

Diagram #2



1/2 Court Competition Tournament Schedule

- 16 Player Round Robin
- Players grouped into 4 pools of 4 players
- Each pool requires two ½ Courts to complete their matches
- Parents should be used as score-keepers (not allowed on their child's court). One score-keeper required for each ½ Court.

DAY 1

Schedule 90 minutes on 2-4 regulation size courts

TIME	Pool A		Pool B		Pool C		Pool D	
Set-up 15 minutes	Use players and parents to help set-up equipment. 5 minute warm-up							
Round 1 20 minutes	Court 1 1 vs 2	Court 2 3 vs 4	Court 3 5 vs 6	Court 4 7 vs 8	Court 5 9 vs 10	Court 6 11 vs 12	Court 7 13 vs 14	Court 8 15 vs 16
Round 2 20 minutes	Court 1 1 vs 3	Court 2 2 vs 4	Court 3 5 vs 7	Court 4 6 vs 8	Court 5 9 vs 11	Court 6 10 vs 12	Court 7 13 vs 15	Court 8 14 vs 16
Round 3 20 minutes	Court 1 1 vs 4	Court 2 2 vs 3	Court 3 5 vs 8	Court 4 6 vs 7	Court 5 9 vs 12	Court 6 10 vs 11	Court 7 13 vs 16	Court 8 14 vs 15
Take-down 15 minutes	Use players and parents to help put-away equipment Present awards							

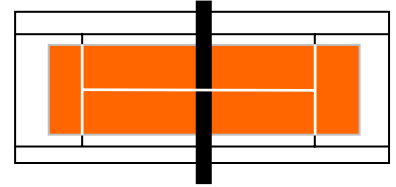
DAY 2

- Schedule 90 minutes on 2-4 regulation size courts
- Rank players from 1-16 based on total points won on Day 1. Top 4 players make up Pool A on Day 2. Players ranked 5-8 make up Pool B, etc.
- Same schedule is used as in Day 1

Winners of each pool will be decided by:

1. # points won
2. Head to Head wins
3. # of points won minus points lost (highest average)
4. Coin Toss

3/4 COURT TENNIS



3/4 Court Notes:

Balls: Only Low-Compression balls should be used for 3/4 Court Tennis (e.g. Wilson 'EZ Pace' or Penn-Star)

Court lines: Use Roll-down lines or Masking tape. Set-up time approximately 3-5 minutes per 3/4 court with 2 people.

Scheduling: For scheduling events, it is easier for set-up and take down if 3/4 Court matches are played on the same court or, during one time block. Avoid setting up the court, taking it down, setting it up again, throughout the day, etc.

Rules: In 3/4 Court Tennis, all the regular rules of tennis apply. The regular service box lines would be used for 3/4 Court (with the 3/4 Court sidelines)

Format: It is best to use non-elimination or multiple knock-out formats so players are not eliminated after 1 or 2 matches. The goal is to encourage play.

The recommended format for 3/4 Court play is a 'pooled' round robin format (4-6 players per pool). Events are run over two days. Players play everyone in their pool on day 1. On day 2 the top players from the pools would be re-grouped into their own pool, the 2nd players in the next pool, etc.

Matches: A match would be best out of 3 'short sets' (first to 4 games). If games are tied 3-3, a standard tie-breaker would be played. If sets are tied 1-1, a standard tie-breaker would be played which would count as the 3rd set. A match would take approximately 30-45 minutes to complete. Timed block play is also a good idea to better schedule events.

Games: Games would use regular scoring but be No-ad (at 40-40 next point wins however, returner gets choice of returning from the Ad side or Deuce side).

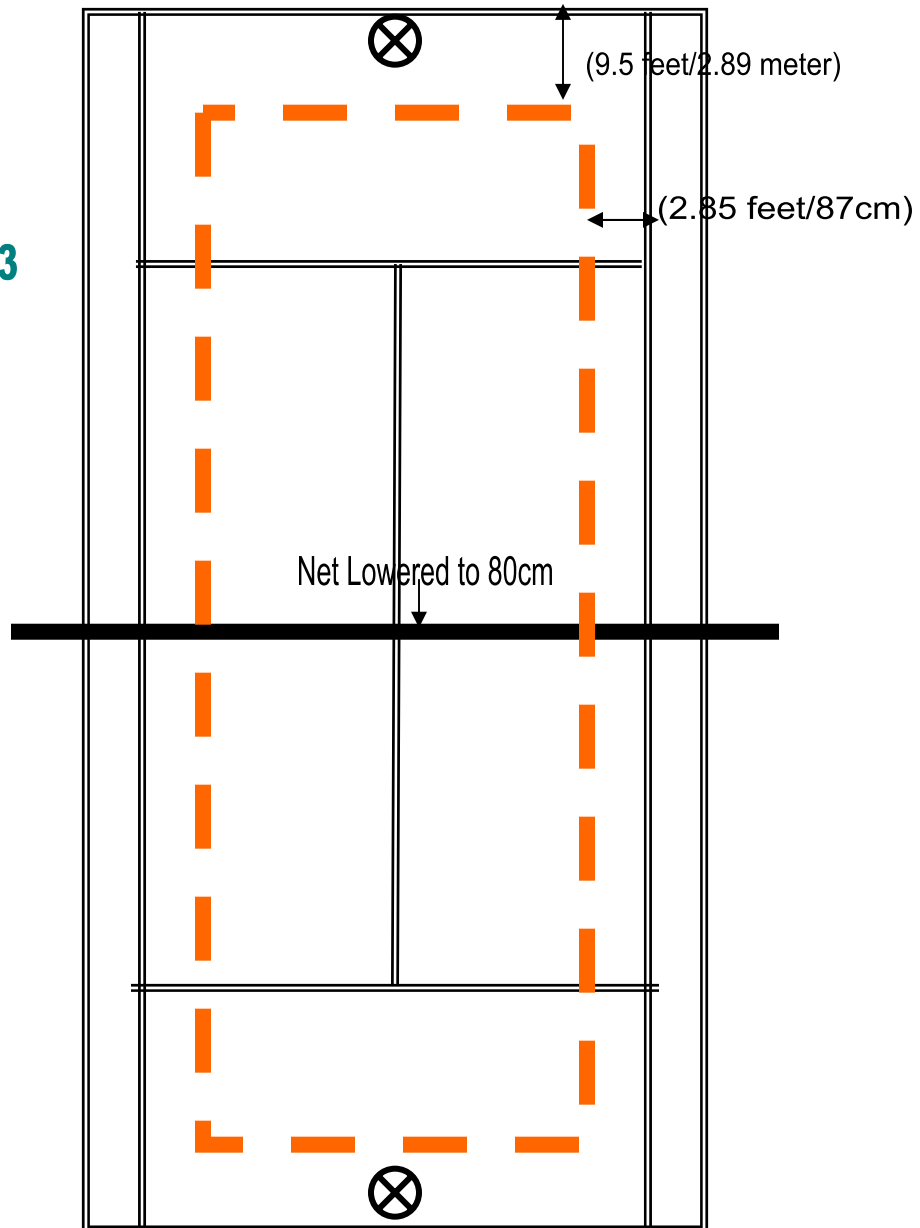
Prizes: Each pool on day 2 would have a 'champion' however, it is recommended that winning be down-played (e.g. all participants could get ribbon, medal, certificate, etc. and prizes could be given by prize draw).

Score-keepers: It is important to have volunteers (parents or other players) on each 3/4 Court to act as score-keepers. It is helpful to indicate this in the tournament entry information. The only rule is, parents can't be a score-keeper on their child's court. An alternative that is simple to organize is, in a round-robin pool of 4 players, two can play while the other two keep score. This helps players learn scoring and promotes a service attitude.

3/4 Court Competition Court Set-up

Only one 3/4 Court (59 feet x 21.33 feet/18 x 6.5 meters) can be set-up on one full court. Nets should be lowered to 80cm/31.5 inches high.

Diagram #3



3/4 Court Competition Tournament Schedule

- 24 Player Round Robin
- Players grouped into 6 Pools of 4 players
- Each Pool requires one ¾ Court to complete their matches
- During each round, two players compete and the other two players in the Pool must act as score-keepers for their court. Parents may replace their child as score-keeper to give them a break.

DAY 1

The following schedule is for 24 players on 3 courts for 7 hours however, each Pool plays on one court for 3.5 hours. You can arrange the event in many ways by using the Pools as blocks (e.g. 24 players on 6 courts = 6 pools for 3.5 hours, 16 players on 4 courts = 4 pools for 3.5 hours, etc.) Players in each Pool are told to come only for their 3.5 hour shift.

TIME	Pool A		Pool B		Pool C	
Set-up 20 minutes	Use players and parents to help set-up equipment. 5-10 minute warm-up					
Round 1 25 minutes	Court 1 1 vs 2	Score-keeping 3 & 4	Court 2 5 vs 6	Score-keeping 7 & 8	Court 3 9 vs 10	Score-keeping 11 & 12
Round 2 25 minutes	Court 1 3 vs 4	Score-keeping 1 & 2	Court 2 7 vs 8	Score-keeping 5 & 6	Court 3 11 vs 12	Score-keeping 9 & 10
Round 3 25 minutes	Court 1 1 vs 3	Score-keeping 2 & 4	Court 2 5 vs 7	Score-keeping 6 & 8	Court 3 9 vs 11	Score-keeping 10 & 12
Round 4 25 minutes	Court 1 2 vs 4	Score-keeping 1 & 3	Court 2 6 vs 8	Score-keeping 5 & 7	Court 3 10 vs 12	Score-keeping 9 & 11
Round 5 25 minutes	Court 1 1 vs 4	Score-keeping 2 & 3	Court 2 5 vs 8	Score-keeping 6 & 7	Court 3 9 vs 12	Score-keeping 10 & 11
Round 6 25 minutes	Court 1 2 vs 3	Score-keeping 1 & 4	Court 2 6 vs 7	Score-keeping 5 & 8	Court 3 10 vs 11	Score-keeping 9 & 12
Change over to next shift of pools 15 minutes						

TIME	Pool D		Pool E		Pool F	
Round 1 25 minutes	Court 1 13 vs 14	Score-keeping 15 & 16	Court 2 17 vs 18	Score-keeping 19 & 20	Court 3 21 vs 22	Score-keeping 23 & 24
Round 2 25 minutes	Court 1 15 vs 16	Score-keeping 13 & 14	Court 2 19 vs 20	Score-keeping 17 & 18	Court 3 23 vs 24	Score-keeping 21 & 22
Round 3 25 minutes	Court 1 13 vs 15	Score-keeping 14 & 16	Court 2 17 vs 19	Score-keeping 18 & 20	Court 3 21 vs 23	Score-keeping 22 & 24
Round 4 25 minutes	Court 1 14 vs 16	Score-keeping 13 & 15	Court 2 18 vs 20	Score-keeping 17 & 19	Court 3 22 vs 24	Score-keeping 21 & 23
Round 5 25 minutes	Court 1 13 vs 16	Score-keeping 14 & 15	Court 2 17 vs 20	Score-keeping 18 & 19	Court 3 21 vs 24	Score-keeping 22 & 23
Round 6 25 minutes	Court 1 14 vs 15	Score-keeping 13 & 16	Court 2 18 vs 19	Score-keeping 17 & 20	Court 3 22 vs 23	Score-keeping 21 & 24
Take-down 20 minutes	Use players and parents to help put-away equipment Awards ceremony on Day 2					

DAY 2

- Schedule 3.5 hours on 1 regulation size court per 4 players (one Pool).
- Re-group players for Day 2. E.g. if 24 players were in the event, rank players from 1-24 based on total games won on Day 1. Top 4 players make up Pool A, players ranked 5-8 make up Pool B, etc.
- Same schedule is used as in Day 1

Winners of each pool will be decided by:

1. # games won
2. Head to Head wins
3. # of games won minus games lost (highest average)
4. Coin Toss

SCORE SHEETS

Box A

1	■			
2		■		
3			■	
4				■

Time:

Court:

- | |
|-------------------------------------|
| Round 1:
1 vs 2 3 vs 4 |
| Round 2:
1 vs 3 2 vs 4 |
| Round 3:
1 vs 4 3 vs 2 |

Box B

5	■			
6		■		
7			■	
8				■

Time:

Court:

- | |
|-------------------------------------|
| Round 1:
5 vs 6 7 vs 8 |
| Round 2:
5 vs 7 6 vs 8 |
| Round 3:
5 vs 8 7 vs 6 |

Box C

9	■			
10		■		
11			■	
12				■

Time:

Court:

- | |
|--|
| Round 1:
9 vs 10 11 vs 12 |
| Round 2:
9 vs 11 10 vs 12 |
| Round 3:
9 vs 12 11 vs 10 |

Box D

13				
14				
15				
16				

Time:

Court:

Round 1: 13 vs 14 15 vs 16
Round 2: 13 vs 15 14 vs 16
Round 3: 13 vs 16 15 vs 14

Box E

17				
18				
19				
20				

Time:

Court:

Round 1: 17 vs 18 19 vs 20
Round 2: 17 vs 19 18 vs 20
Round 3: 17 vs 20 19 vs 18

Box F

21				
22				
23				
24				

Time:

Court:

Round 1: 21 vs 22 23 vs 24
Round 2: 21 vs 23 22 vs 24
Round 3: 21 vs 24 23 vs 22

1/2 Court Score Sheet

EVENT:	Date:	Time:	Court #:
Player 1		Winner:	
Player 2		Score:	

SET #1	Game 1	Game 2	Game 3
Player 1	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Player 2	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

EVENT:	Date:	Time:	Court #:
Player 1		Winner:	
Player 2		Score:	

SET #1	Game 1	Game 2	Game 3
Player 1	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Player 2	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

EVENT:	Date:	Time:	Court #:
Player 1		Winner:	
Player 2		Score:	

SET #1	Game 1	Game 2	Game 3
Player 1	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Player 2	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

3/4 Court Score Sheet

EVENT:	Date:	Time:	Court #:
Player 1	Winner:		
Player 2	Score:		

SET #1	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Tie Breaker
Player 1	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	1 2 3 4 5 6 7
Player 2	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	1 2 3 4 5 6 7

SET #2	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Tie Breaker
Player 1	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	1 2 3 4 5 6 7
Player 2	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	1 2 3 4 5 6 7

Tie-Breaker as the 3 rd Set	
Player 1	1 2 3 4 5 6 7
Player 2	1 2 3 4 5 6 7

EVENT:	Date:	Time:	Court #:
Player 1	Winner:		
Player 2	Score:		

SET #1	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Tie Breaker
Player 1	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	1 2 3 4 5 6 7
Player 2	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	1 2 3 4 5 6 7

SET #2	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6	Tie Breaker
Player 1	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	1 2 3 4 5 6 7
Player 2	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	15 30 40 G	1 2 3 4 5 6 7

Tie-Breaker as the 3 rd Set	
Player 1	1 2 3 4 5 6 7
Player 2	1 2 3 4 5 6 7

PROGRESSIVE TENNIS COURT DIMENSIONS

Half-Court = Red "dot/dash" lines (can be set-up length or width-wise on the court)

3/4 Court = Orange "dash" lines

Full Court = Green

Diagram #4

