

tips for parents

In order for children to get the most out of Mini Tennis parents/carers should:

Support

★ Mini Tennis is the best way for children to learn tennis. Also, research shows that it is essential for children up to the age of 10 years to learn the physical skills of running, jumping, balance, coordination, throwing and catching as well as basic tennis skills if they are to reach their full sporting potential. Expect to see lots of these activities in Mini Tennis lessons, as well as tennis.

★ Allow your children to play in the Mini Tennis colour stage that is appropriate to them. This will ensure they will enjoy playing the game and gain confidence.

★ Purchase balls and rackets which match the stage that your child is in.

★ Support the coach by reminding your children to take Mini Tennis Awards sticker books to lessons and help with the off court tasks.

Encourage

★ Play with your children in the park, the garden, or on holiday. Any ball games, running activities or tennis on appropriate courts will be beneficial. Encourage them to play other sports too.

★ Be patient. Children will rarely progress steadily but more often in peaks and plateaux.

★ Encourage your children to take part in competitions at the club. These will be relaxed and varied plus there will be a strong emphasis on team and multi sport activities.

★ Familiarise yourself with tie break scoring, offer assistance when needed but avoid scoring your own child's matches.

...and respect

As a spectator always be generous in your applause for both players in a match. Don't tolerate bad behaviour, cheating or bad manners from your child. Help your child to understand that showing respect for the rules, opponents and officials is all part of tennis.



For more information on how your child can get the most out of tennis, visit www.minitennis.com



The Lawn Tennis Association is a non-profit making organisation responsible for developing, encouraging and promoting the game of tennis. The Lawn Tennis Association is committed to achieving equal opportunities and making tennis accessible to all.

Rules and Scoring

Mini Tennis is played in the same way as tennis and therefore follows the same rules as the full size game. For coaching and teaching purposes and for some competitions, the rules can be adapted according to the ability of the children involved.

Tie break scoring is a feature of Mini Tennis and can be flexibly used to suit time available.

Tie breaks work like this:

★ Counting 1, 2, 3, etc.

★ Player A first serves from the right hand side for one service point, followed by Player B serving first from the left hand side, then from the right (i.e. 2 service points). The serve should be diagonal.

★ Players then continue to serve for 2 points alternately.

★ In a normal tie break, a player who first gains 7 points wins the tie break provided the player leads by a margin of 2 clear points. Mini Tennis tie breaks are played to 5, 7, 9 or 11 points and may be with or without the 2 clear points rule.

Your Club Programme

The Lawn Tennis Association (LTA) is working in partnership with progressive tennis clubs to provide quality-assured Mini Tennis programmes in the local community that feature:

- ★ Activities headed by an LTA Licensed Coach
- ★ Coaching sessions in Red, Orange and Green stages
- ★ The Mini Tennis Awards
- ★ Holiday activities.
- ★ Regular and varied fun competitions
- ★ Additional opportunities for the more talented players.
- ★ Off court activities, special events and social activities.

Your mini tennis club is:

mini tennis



www.minitennis.com



parents and
mini
tennis

join the fun!



The Lawn Tennis Association





mini tennis red

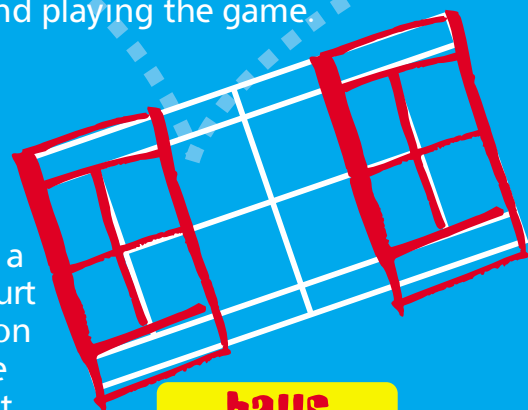
... is the first stage of Mini Tennis and is very important for building skills and confidence. The emphasis is on fundamental sporting skills such as movement and coordination, and an introduction to rallying and playing the game.

Court size

12m x 6m – this can be a modified badminton court OR 11m x 5m sideways on a tennis court. Service boxes are 4m x 3m, net height approx. 80cm Both singles and doubles are played on this court.

rackets

Depending on size and strength of player – 43cm - 58cm (17" – 23") long. A maximum length of 58cm (23") is recommended for safety reasons.



balls

Indoor play: 8cm sponge ball
Outdoor play: Mini Tennis Red outdoor ball – larger than a tennis ball, gentle low bounce.

age group

Primarily 4 - 8 years in clubs and up to 11 year olds in primary schools which have limited facilities.

Competitions and scoring

Scoring is tie break style, very flexible, to 7 points or extended. Competitions are a maximum of 2-3 hours long. They are often in team format and include activity stations as well as short matches.



mini tennis orange

... introduces children to playing on a 3/4 length tennis court. The low bounce Orange ball slows the game down to a speed that gives players time to play good basic tennis shots and have maximum fun playing the game!

Court size

18m long, 3/4 of the length of the full court. The Orange base line is half way between the service line and full court base line. Width as normal tennis court and net as normal net. Singles court for Orange singles, doubles court for Orange doubles.

rackets

Depending on size and strength of player but expect rackets to be 58cm– 63.5cm (23" - 25"). Coaches can advise.

Competitions and scoring

Scoring is tie break style, two tie breaks or best of 3 tie breaks. A variety of competitions is offered with an emphasis on team events which may also include other sports.



balls

Mini Tennis Orange ball - tennis ball size, softer and lighter than a normal tennis ball.

age group

Normally 7 years upwards depending on ability and the age at which a child started to play

mini tennis green

... is the final stage before children move to tennis. Played on a full size tennis court, the Green ball is slightly lower bouncing than a normal tennis ball and helps the children to use good technique and rally consistently. Physical skills continue to be an important part of lessons.

Court size

Normal tennis court.

rackets

Depending on size and strength of player but expect rackets to be 63.5cm – 66cm (25" - 26"). Coaches can advise.

age group

Normally 8 years upwards depending on ability and the age at which a child started to play.



balls

Mini Tennis Green ball – tennis ball size, slightly softer and lighter than a normal tennis ball.

Competitions and scoring

Scoring is tie break style, best of 3 tie breaks or proper tennis scoring with shortened format. eg. One 'short' set with tie break at 4-4. Competitions may be longer but still with an emphasis on team events and other sports.



Doubling up at all stages is a recommended practice. Children will benefit from playing with any type of Mini Tennis ball at any time throughout their tennis development so that they can learn to adapt to different bounces. For example when players first move to Orange they may also continue to play Mini Tennis Red competitions to maintain and build confidence.



The Mini Tennis Awards motivate children through a variety of skills and challenges. Colourful sticker books and fun stickers inspire the children and act as a regular progress report for parents. At each stage there are 3 levels: 3 is an easy start, moving through 2, taking a little longer, and finally 1, getting good before moving to the next stage

Red Awards include lots of simple moving and hitting skills to build confidence. Moving to rallying and serving and learning to score. 'At home' tasks include practising throwing and catching, and watching tennis on TV or at their tennis club.

Orange Awards include more about serving, rallying and scoring. Off court tasks at this stage involve practising at home, arranging to play with friends, and learning about famous tennis players. Help for the latter can be found on www.minitennis.com

Green Awards include tasks to encourage good practice for warming up, fitness and healthy nutrition, encouraging players to measure their own progress and keep records of matches. Players will be asked to umpire matches as well as make arrangements to play matches – a little of everything to encourage good sportsmanship as well as tennis skills.