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## WSC Tennis - Program Descriptions

### Junior Performance Pathway

#### Green Performance advanced AGES 10-12

This is an advanced class created for pre-teen players motivated to gain success in 12 and under Beginner and Intermediate tournaments. Players will continue perfecting skills and tactics learned in Orange Ball Performance. Upon graduating from Green Dot Ball Performance students will be able to keep long rallies with confidence, as well as executing the X and Half X drills with consistency. Players will be encouraged to verbally explain new concepts, keep a tennis journal, and learn how to self-correct in point-play situations in order to create a self-assured competitor. Class will be held on a full 78' court using green dot balls with an introduction to the yellow ball.

#### High Performance A & B Advanced/Tournament Players AGES 10-18

These are advanced level classes for tournament players who are looking to improve their current UTR rating or PNW ranking. B group is generally composed of 10-14 year old's while A group is composed of 14-18 year old's. However, this can vary depending on level of play and attitude. Players in this class will be taught a variety of tactical concepts, such as how to create open space on the court, identifying and exploiting an opponent's weaknesses, and developing a personal game style. Players will also be introduced to a more advanced fitness regimen to build stamina, power, and efficient on court movement in this two-hour long class. Competitive games and structured point play in an engaging team environment will allow students to gain confidence in newly learned skills and tactics.