

Learning to Play MLC Tennis Hot Shots



Launch Pad – Fundamental and Perceptual Motor Skills (FPMS)

Recommended racquet size: 19–23 inches
Court size: Variable
Tennis ball: Red ball (25 per cent compression)
Typical age: 4–6 years

I am able to:

- run in different directions and be spatially aware
- start activities from a ready position
- put the ball in play with a throw or underarm serve
- hit a ball over the net on forehand and backhand
- volley a ball over the net with a simple blocking action
- follow instructions and cooperate with others.

**You are ready to move on to
Red Stage MLC Tennis Hot Shots!**

There are a number of program options at this stage, including the official Launch Pad program Wilson peeWee tennis.

Red Stage – Explore MLC Tennis Hot Shots

Recommended racquet size: 21–23 inches
Court size: 3m by 8m or 6m by 11m
Tennis ball: Red ball (25 per cent compression)
Typical age: 5–8 years

I am able to:

- move quickly in different directions and stop on balance
- direct the serve over the net using an underarm or overarm serve
- use a low to high action on both forehand and backhand
- keep the ball in play for 10–15 shots when rallying with a partner
- make a simple approach and volley with a short forward movement
- listen actively to instructions and feedback
- enjoy competition in a variety of formats.

**You are ready to move on to
Orange Stage MLC Tennis Hot Shots!**

Orange Stage – Develop MLC Tennis Hot Shots

Recommended racquet size: 23–25 inches
Court size: 8m by 18m (3/4 court)
Tennis ball: Orange ball (50 per cent compression)
Typical age: 8–10 years

I am able to:

- maintain balance during dynamic movements
- serve with a balanced and rhythmical service action
- keep the ball in play for 10–15 shots when rallying with a partner
- effectively use spin in a groundstroke rally situation
- control the direction of a volley and overhead
- understand the concept of fair play and the main rules of the game
- enjoy competition in a variety of formats.

**You are ready to move on to
Green Stage MLC Tennis Hot Shots!**

Green Stage – Encourage MLC Tennis Hot Shots

Recommended racquet size: 25–27 inches
Court size: Full court
Tennis ball: Green ball (75 per cent compression)
Typical age: 10–12 years

I am able to:

- react quickly and adapt footwork and movement patterns
- keep correct posture and maintain body balance
- differentiate speed and spin on first and second serves
- rally crosscourt for 10–15 shots varying height, depth, speed and spin
- use approach, drive volley, volley and overhead in an offensive way
- identify game style (strengths and weaknesses)
- enjoy competition in a variety of formats.

Congratulations! You are ready to play on the full court with a yellow ball just like your favourite champions!