

Top 10 reasons why MLC Tennis Hot Shots is the best program for kids

Dear Parents

You may be wondering why your coach / tennis program is using smaller courts and slower balls. It may not be the way that you learned to play, and you may even be thinking that you want your child to play on the full sized court. Here are some of the many reasons why modified tennis balls and courts are recognised as the best and most accepted way to learn to play, and to develop children into great little tennis players.

Top 10 reasons for red, orange and green tennis:

Right stuff - Courts and equipment are scaled to the appropriate size of the child. When children are just starting out we want to make it easier for them to play, not more difficult. Using the yellow ball on the full sized court makes it much tougher for them, especially if they are smaller.

More skills - Balls bounce lower and red balls fly slower, allowing players to develop technical skills faster. Using these balls means that children can learn more not less. As they develop they transfer these skills and move from court to court, adding more coordination and complexity.

No extremes - As balls are hit in the appropriate strike zones more often, players are less likely to develop extreme grips and techniques that might limit their future development both tactically and technically.

Play quicker - Players can serve, rally and score faster. This means that children feel like they can really play the game and have more fun. They are also much more likely to practice as they can play with their parents and friends.

Global - Leading tennis nations have adopted this methodology over the past 15 years. The results have seen an exciting growth in tennis participation and confidence in play. Check out tennisplayandstay.com for more information on kids tennis around the world!

More balls please - As they can rally, children will hit over 100% more balls than a player standing in line, being fed balls by a coach. No longer do children have to spend more time picking up than they do hitting. As a result they will improve much faster and also develop the essential tracking and receiving skills required for tennis.

Tactical mastery - Players develop a greater tactical awareness of the court and opponent sooner as they have the time to integrate the position of the opponent into a decision making process rather than just "winning the collision" with the ball. In short they get to "make the ball do what they want it to" and not just "cope" with the oncoming ball.

Ticking all the boxes - Red, Orange and Green tennis provides a systematic approach to developing different skills as ball trajectories change and increasing court dimensions require new or more advanced levels of technical and tactical skills. Players learn skills in an order meaning that they develop fewer gaps in their technical and tactical skills, or game styles.

Move it - Players movement patterns are more realistic. For example 85% of shots on the tour are hit within 4 steps of the starting position. On appropriate sized courts this is very similar. Players can learn to be "on balance" and use realistic footwork and movement patterns. Also as more balls come back and rallies are longer they learn that recovery and being ready for the next shot are essential.

No robots - Players can develop a variety of game styles and skills that better suit their personality. The slower balls and smaller courts mean that players can play in all areas of the court, coming to net more often and learning to attack and defend more appropriately.



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