

## Junior Clinic Descriptions

**\*All prices are listed on website at <https://secure.rec1.com/UT/park-city-ut/catalog>\***

**Red Ball (5-7 years):** We use the appropriate size tennis court, tennis racquets and tennis balls for this age group. The main objective for this group is for the kids to have FUN as they start learning the game. We focus on building rallying skills, how to volley and how to serve underhand.

**Orange Ball (8-10 years):** We use the appropriate size tennis court, tennis racquets and tennis balls for this age group. The main objective for this group is to be able to keep score, serve and rally consistently on the tennis court (60' black lines on the court for orange ball). We want to prepare these players to compete in USTA 10 & under tournaments. We focus on developing full groundstrokes, forehand and backhand volleys, overheads, and the overhand serve.

**Green Ball (11-13 years):** We use the appropriate size tennis court, tennis racquets and tennis balls for this age group. The main objective for this group is to be able to keep score, serve and rally consistently on the full tennis court. We want to prepare these players to compete in USTA Futures tournaments. We focus on developing topspin groundstrokes, and using the continental grip on volleys, overheads and serves.

**Yellow Ball (14- 17 years):** This group uses regular yellow tennis balls, full sized racquets and the full sized tennis court. The main objective is to prepare these players for High School tennis and USTA Challenger tournaments. We focus on further developing topspin groundstrokes, approaching and playing effectively at the net, and learning to hit spin serves.

**Peak Performance – Invite Only: (14- 17 years):** This class is for players with experience on a High School Varsity team. The main goal of this class is to provide an intense practice session with other elite juniors.

**Serve and Return - Yellow Ball (14- 17 years):** This class uses video analysis to check for our 9 serve checkpoints. We then create a document that shows the player's technique compared to that of a professional based on the 9 checkpoints. From there, we target the areas that need to be worked on, continuing to use video analysis to guide the process. We will also work on serving strategy and the return of serve.