

**QuickStart Fundamentals**  
**CCRC & USTA Philosophy**  
**Tennis & Life Skills**  
*4-5 years of age*

**Tennis is the game of a lifetime. Creve Coeur Racquet Club, with the support of the USTA, is committed to developing your child's tennis game through the development of their motor skills, mental & emotional skills and social skills. The QuickStart format is about fitting tennis to youth based on age by modifying the court dimensions, racquet & ball, net height and scoring system. With the QuickStart teaching method your child will develop better technical and tactical skills. The QuickStart teaching method allows your child to have a more enjoyable experience by bringing the game of tennis to your child's size and allows your child to *PLAY TO LEARN.***

**Age group: 4-5 year olds**

Youth in this age group are highly active, yet their reactions & anticipation skills are very low. They lack a sense of timing & are impatient with a very short attention span. Due to their short attention span they become bored easily, they also tire quickly.

Youth in this age span learn by imitation; listening and following instructions can be very difficult for them. Adult concepts of tennis such as scoring, winning & losing are not easily understood.

**Development**

***Physical Skills:***

- agility, balance & coordination. all are key ingredients to movement & sport skills
- movement skills – running, jumping & standing, crawling, twisting, turning, rolling, sliding
- throwing & catching with both hands, hitting & kicking
- the ability to handle equipment
- reaction & tracking skills

***Mental & Emotional skills:***

- build confidence through FUN & success
- creativity, exploring and copying
- concentration and attention

***Social Skills***

- learning to be part of a group
- learning to share
- learning to think about other people

***All these skills will develop faster with the appropriate equipment***

- 19" racquets
- low barriers, such as benders or tape
- small playing areas

***Scoring and Competitive Structures***

- learning simple rules: in & out, how many bounces, etc.
- **4 year olds:** counting with adults; how many points they achieve. **5 year olds:** scoring to seven; using visual methods, i.e. moving a ball along a series of cones; markers or clothes pin attached to the net.

**QuickStart Fundamentals**  
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**Tennis & Life Skills**  
*6-8 years of age*

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**Age group: 6-8 year olds**

FUN continues to be of paramount importance! As children develop physically, neural pathways are becoming established and the children have developed many of their gross motor skills. Throwing for example has more body turn and weight transfer for boys, but still needs to be developed in girls. The children are active and are likely to be taking part in other physical activities. This is very important because skills can be transferred between different sports & activities. Reaction speed is important however because neural pathways are still developing many children find tracking & contacting a ball to be difficult. However, improvement is usually rapid.

**Development**

***Physical Skills:***

- Agility, balance & coordination. all
- Running, jumping & hopping
- Throwing (especially overhand) & catching
- Hitting and kicking
- Speed over a very short time (max of 5 seconds)
- Reaction & tracking skills

***Mental & Emotional skills:***

- Build confidence through FUN & success
- Best way to learn is by copying & visual
- Simple decision making
- Learning the concept of winning and losing

***Social Skills***

- Learning without a parent present
- Helping others in a group and sharing
- Often prefer to be with their own gender
- Respect for opponents and adults

*All these skills will develop faster with the the following*

*Appropriate equipment*

- 21 -23 inch racquet, possibly 25 inch
- Low compression balls
- Net height of 2 feet & 9 inches
- 36 foot court

*Scoring and Competitive Structures*

- Scoring to 7 points using visual methods and progressing to verbal methods
- 4 year olds: counting with adults; how many points they achieve
- 5 year olds: scoring to seven; using visual methods, i.e. moving a ball along a series of cones; markers or clothes pin attached to the net.
- Best 2 of 3 concept
- Scoring self and opponent in a game