

Gold Creek Sports Club

Junior Tennis Program Descriptions

Recreation and High Performance Levels

Little Hitters beginner AGES 2-4 with parent

This class introduces toddlers to tennis while building fundamental motor skills such as balance and coordination. These classes are geared towards a toddler's unique way of learning, and incorporate the use of beach balls, balloons, sponge tennis balls, cones, large targets and prizes to reward the child's great effort and ensure engagement in the class.

Red Ball 1 beginner AGES 5-7

This is a beginning class in which students will learn basic technique and grips on groundstrokes, volleys, and serves in a structured progression on a 36' court with red and sponge balls. Players will also be taught proper ready position and movement, along with confidence and coordination drills. With fun games, and a team atmosphere, watch your player flourish.

Red Ball 2 adv. beginner/intermediate AGES 5-7

This is a class in which players will continue to develop the skills gained in Red Ball 1, with the addition of the approach shot and overhead. Players will learn the difference between open and closed stance, hitting with topspin and slice, simple tactics, and the ability to rally with consistency and directional changes.

Orange Ball 1 beginner AGES 8-10

In this beginning class, students will learn basic technique and grips on all shots, including groundstrokes, volleys, serves, overheads, approach shots, and return of serve on a 60' court using orange balls. Players will be taught how to keep a consistent rally, with the use of fun and challenging games and drills.

Orange Ball 2 adv. beginner/intermediate AGES 8-10

This is a class in which players will continue to develop the skills gained in Orange Ball 1, with the addition of tactics, ball recognition, and beginning to learn about gamestyles. Players will learn the difference between open and closed stance, hitting with topspin and slice, simple tactics, and the ability to rally with consistency and directional changes. Players will continue learning on a 60' court with an introduction to a 78' full court. Players in this class will be introduced to Novice 10 and under tournament and league play.

Green Dot Ball beginner AGES 10-12

This is a beginning class in which students will learn basic technique and grips on all strokes. Players will also be taught proper movement and recovery steps, along with different stances. This high energy group will consist of drills, games, and an introduction to tennis specific fitness.

Yellow Ball 1 beginner AGES 12-18

This is a class in which players will learn basic technique and grips on all strokes. Players will also be taught proper movement and recovery steps, along with different stances. This high energy group will consist of drills, games, and an introduction to tennis specific fitness.

Yellow Ball 2 adv. beginner/intermediate AGES 12-18

This class will allow players to further develop skills gained in Yellow Ball 1. This class is geared towards preparing teens for competitive tournament and high school play. Players will be taught to recognize gamestyles and weaknesses in an opponent's game, as well as how to use their own strengths for a successful outcome. Mental training will also be introduced in this class. Players will be advised and encouraged to participate in local novice and satellite tournaments.

Yellow Ball 3 adv. beginner/intermediate AGES 12-18

This class will continue to develop skills players have acquired in Yellow Ball 2. Yellow 3 is geared toward middle school and high school players who are playing multiple times per week and ideally playing high school tennis in addition to at least several tournaments per year. Players will refine their technique, learn more advanced strategies and begin to focus heavily on point construction. Proper mindset will be imparted and tournament play will be encouraged.

Green Excellence 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 Excellence. Upon graduating from Green Dot Ball Excellence 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.