

Tennis Program @ SportsCult - Overview						
Level	Beginner			Intermediate		Advanced
Sub-Level	Mini Jacks	Cracker Jacks	Master Jacks	Hot Shots	Young Professional	Professional
Ball Used	Red Ball	Orange Ball	Green Ball	Yellow Ball	Yellow Ball	Yellow Ball
Age	4-8 Years	7-9 Years	8-10 Years	> 9 years		> 12 years
When do you cross the level	- 3 months, - Passing the Test or - 6 years age whichever is latter	- 3+4 months, - Passing the Test or - 8 years age whichever is latter	- 3+4+5 months, - Passing the Test or - 9 years age whichever is latter	- Passing the Test	- Passing the Test or - 12 years age whichever is latter	You continue at this level but with constant improvement
	<b>Note:</b> Students starting at a higher age may go through these levels faster than the prescribed time but after passing the test					
Frequency of Play	3 days or 6 days		6 days	6 days	6 days	6 days
Time required for learning each day	1 hour		1.5 hours	2 hours	3-4 hours	3-6 hours
Skills / Abilities learnt	Hand-Eye Coordination  Ability to play all strokes with certain level of consistency on the prescribd court size  Basic fitness through fun games	Ability to execute all strokes with increased consistency & accuracy  Improved fitness across all components of fitness	Increased consistency and accuracy  Finetuning of Technique  Introduction to Tennis Specific Fitness	Builds skills on variations of all basic strokes  Adjust technique with growth (physical)  Understands why fitness is required	Experiments with stroke variations  Understands the effect of different fitness exercises	Ability to understand own mistakes  Motivates self for Fitness
Tactics	Understand basic tactics	Ability to use tactics for winning points	Becomes competitive and uses additional tactics	Begins to analyse own game	Understanding of strengths and weaknesses	Strategising the whole match
Understanding of the Game	Basic understanding of the game	Understanding of points and matches	Basic understanding of tournaments and draws	Complete understanding of game + Better understanding of competitions		
Competitions participated	Intra Academy	Inter Academy	Local Tournaments with Green Balls	Local Tournaments + Intro to state tournaments	State Tournaments + Intro to AITA tournaments	All India + International Tournaments

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