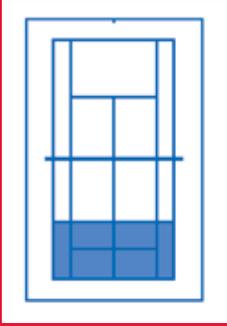
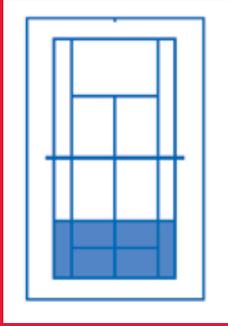
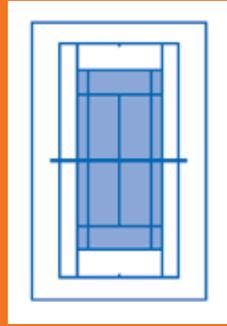
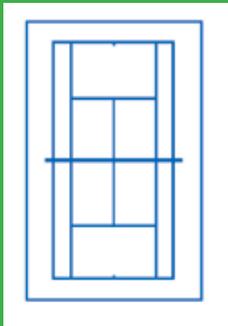




MIDWEST

DEFINING TEAM COMPETITION

Midwest Youth & Futures Team Tennis are programs designed for skill development. Team competition, as part of skill development, can be defined differently at different ages. The following outlines various age appropriate forms of competition to be used throughout Midwest Youth and Futures Team Tennis.

STAGE	AGE	BALL	COURT	WEEKS 1-3	WEEKS 4-6
RED	5-6 years	 Red foam or felt 75% slower than yellow ball	 36' x 18'	<p>Fun Team Competition:</p> <ul style="list-style-type: none"> Side Show Tennis Shoot-Out Koosh Ball Toss Self Rally 	<p>*Advanced Competition:</p> <ul style="list-style-type: none"> Seven Point Tie Break Rally Ball
RED	7-8 years	 Red foam or felt 75% slower than yellow ball	 36' x 18'	<p>Fun Team Competition:</p> <ul style="list-style-type: none"> Beat the Coach Tag Team Singles Lobster Rally Continuous Rally 	<p>*Advanced Competition:</p> <ul style="list-style-type: none"> Seven Point Tie Break Rally Ball
ORANGE	9-10 years	 Orange 50% slower than yellow ball	 60' x 21' singles, 60' x 27' doubles	<p>Fun Team Competition:</p> <ul style="list-style-type: none"> Star Catcher Team Doubles Four Square Continuous Rally 	<p>*Advanced Competition:</p> <ul style="list-style-type: none"> 2 out of 3 Seven Point Tie Break Four-game Short Set
GREEN	10 & Under	 Green 25% slower than yellow ball	 78' x 27' singles, 78' x 36' doubles	<p>Advanced Competition:</p> <ul style="list-style-type: none"> Six Games Set 2 out of 3 Four-Game Short Sets (Tie Break for 3rd Set) 	<p>Advanced Competition:</p> <ul style="list-style-type: none"> Six-Game Set 2 out of 3 Four-Game Short Sets (Tie Break for 3rd Set)

*Advanced competition might include modified serve (i.e. coaches' feed, underhand serve, overhand toss). Time Competition is recommended for all activities.

Watch video samples of each competition example at:

http://www.usta.com/Coaches-Organizers/Coaching-Resources/QuickStart/QuickStart_Tennis_Video/

STAGE	AGE	RECOMMENDED GAMES
RED	5-6 years	<p>Side Show Players are in pairs, throwing a playground ball with both hands across their body to a partner on the other side of the net. The throw should resemble the action of a forehand and backhand ground stroke.</p> <p>Tennis Shoot Out Players are divided into two teams. Spots are spread out along each singles sideline of the 78-foot court, and two cones forming a goal are placed behind the baseline. Players from each team stand on a spot so they form a line along the singles sideline. The ball starts with the player at the net, who rolls the ball with his racquet to the next player, who stops it and rolls the ball to the next player until it gets to the last player, who shoots the ball between the cones with her racquet.</p> <p>Koosh Ball Pass Use one Koosh ball or beanbag for each pair. Have the players begin by standing close together with their racquets, passing the Koosh ball back and forth from one racquet to the other. After several successful trials, have them move back so they have to use a gentle toss to get the Koosh ball from one racquet to the other. Let the kids be creative with their catch.</p> <p>Self Rally Player taps the ball up about head-level height let the ball bounce and continue to tap the ball up to head-height.</p> <p>Mini Rally Partners rally over a line or low obstacle that serves as the net. They stand close to the obstacle and gently rally balls over the line or obstacle using the forehand. To start the rally, have players start close and sideways to each other, match up racquet faces and take two steps back.</p> <p>Throwball Tennis Players are on either side of the net on a 36-foot court. Players throw a foam ball underhand over the net. The opposite player must catch it and throw it back after the ball bounces one time. Play can be a continuous rally, or let the players play points to see if they can toss the ball in the court and away from the opponent.</p> <p>Inchworm Players line up shoulder to shoulder in a straight line, with their racquets held out in front with the strings facing up. The last player in the line has a beanbag or Koosh ball.</p>
RED	7-8 years	<p>Beat the Coach The coach pins 10 clothes pins to their shirt, and for every point a player wins against the coach, the coach will take one clothes pin off and pin it to the player. Players take turns playing points against the coach until all the clothes pins have been won. The player with the most clothes pins wins.</p> <p>Tag Team Singles A minimum of four players are needed for this game. Divide players into two groups, with each group forming a line behind the middle of each baseline. One player is up on each side. The first player from one side drop-hits the ball over the net and moves to the back of her line. The first player on the other side returns the ball and goes to the back of the line on his side. From there, each subsequent player hits one ball and moves to the back of the line, keeping the point going until one side misses.</p> <p>Lobster Rally Players are on both sides of the net with two racquets each and one ball. One person drops the ball and hits it over the net. The other player traps the ball between the racquets, turns sideways, drops the ball and hits it over with the back racquet.</p> <p>Continuous Rally Players drop hit to start the rally and see how long they can keep the ball in play.</p> <p>Bucket Head Team will designate one person to put a bucket on top of their head. The rest of the team will line up single file and take turns drop hitting a ball while attempting to hit the ball into the bucket. Each ball successfully caught in the bucket will get one point for the team.</p> <p>Partner Tossing & Catching Turn and catch. Both players are facing in the same direction the back person has a ball and tosses it up in the air between the two players. They call out the partner's name. When they hear their name, they turn around, find the ball and catch it after one bounce. To increase the difficulty, have the front person trap the ball against their strings of their racquet in the ideal contact zone.</p> <p>Volley Game – Basketball Make targets by using circles or hoops. Give a point value for each target with the closer ones worth less than farther targets. The players volley a ball that is fed with an underhand toss to a target so they score points.</p>
ORANGE	9-10 years	<p>Star Catcher Use a series of 36-foot courts to play this game. Players play singles games to a designated number of points, such as first to five or seven. At the conclusion of the game, both players exit the court and return to the coach. The winner gets a sticker or star on their hand or racquet. Players in a line by the coach fill in as courts become available. Points begin with an underhand serve and each player will serve two points before switching servers. Make sure that players go back out on the court against a different partner.</p> <p>Team Doubles This game requires a minimum of four players but can easily accommodate eight players. Four players assume the typical doubles positions on each side of the court. One side is the serving side and the other side is the returning side.</p> <p>Four Square This can be played over the net using the four service courts of the 36-foot court. Each service court is numbered one through four and players enter the court in square one. All points begin in the Ace Square, square four. The player in square four starts the ball with a drop and hit into any of the other three squares. The player in that square must hit the ball before it bounces twice. If the player hits it out of any of the squares, or if it bounces twice before they hit it, they are out and everyone move up to that vacant square and a new player enters on square one. The game can be played without racquets by tossing and catching a larger ball.</p> <p>Continuous Rally Players drop hit to start the rally and see how long they can keep the ball in play.</p> <p>Splat Two players each with a racquet and a ball pyramid made of four balls (three for the base and one on top). One player drops and taps the ball up at about head-level height, trying to hit the ball pyramid to make it "splat." When the balls are hit, the player scores a point.</p> <p>Champs and Chumps A minimum of four players is needed for this game. One group is on one end of the court behind the baseline and the other group is behind the other baseline. One side of the court is designated as the Champs' side, while the other is called the Chumps' side. The first player from each side plays a point, using the singles boundaries. The player that wins the point goes to the end of the Champs' line while the loser goes to the end of the Chumps' line. Players on the Chumps' side always begin the point with a serve (getting two faults to get the serve in play).</p> <p>Wipe Out Divide the group into two teams of at least four players each. Each team stands in a line along the back fence on opposite ends of the court. To begin, one person from each team plays a singles point beginning with a drop-hit. After the point, the winner stays on the court and adds a second person to her side of the court. The player who loses the point goes to the end of her line and the next player begins the point with a drop hit to the two people on the opposite side. The team that wins the point keeps adding an additional player until all players are on the court and that team wins the point. When multiple players are playing against one player, the lone player can use the doubles boundaries, and the multiple players must use the singles court. The game ends when one side has all its players on the court and wins the point.</p>
GREEN	10 & UNDER	<p>Six Game Set Players compete in a six game set with no-ad scoring and a tie break played at 6-6.</p> <p>2 out of 3 Four Game Short Sets (Tie Break for 3rd Set) Players compete in the best two out of three, four game sets with no-ad scoring and a tie break played at 4-4.</p>
<p>Watch video samples of each competition example at: http://www.usta.com/Coaches-Organizers/Coaching-Resources/QuickStart/QuickStart_Video/</p>		