



Tennis Hot Shots Pathway

AGE **3-5**

Fundamental and
Perceptual Motor Skills
(FPMS)

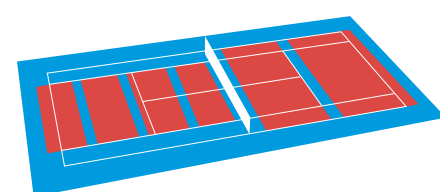
BLUE STAGE



Court size: variable
Tennis ball: red ball (25 per cent compression)
Recommended racquet size: 19–23 inches

AGE **5-8**

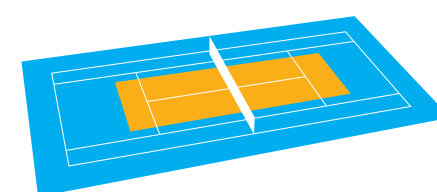
RED STAGE



Court size: 3 m × 8.23 m or 6 m × 10.97 m
Tennis ball: red ball (25 per cent compression)
Recommended racquet size: 21–23 inches

AGE **8-10**

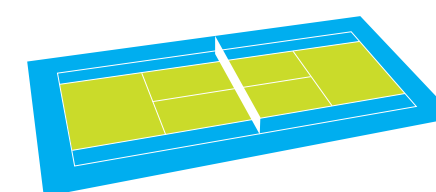
ORANGE STAGE



Court size: 6.4 m × 18.29 m
Tennis ball: orange ball (50 per cent compression)
Recommended racquet size: 23–25 inches

AGE **9+**

GREEN STAGE



Court size: 10.97 m × 23.78 m (full court)
Tennis ball: green ball (75 per cent compression)
Recommended racquet size: 25–27 inches