



TENNIS 10s - An Important New Development in the Game

By Peter Farrell – TICA Coach Development

I firmly believe that the introduction by the ITF (International Tennis Federation – the games world governing body) of the Red, Orange and Green balls and courts to be one of the most significant developments in the history of tennis.

In 2012, the ITF will change the rules of the game. From January 1st next year, it will be part of the rules that under 10 players must use the correct ball and court for their age. Otherwise they simply are not playing tennis according to the rules. This will be only the fifth time in the history of the modern game where the ITF has seen fit to change the rules. This fact alone speaks volumes as to how important this change is. It is vital that all clubs and parents are aware of this development.

You can get more information at
www.tennisireland.ie and
www.tennisplayandstay.com

When a child plays tennis, the size of the court allied to the height and speed of the bounce affects all four areas of their game:

TECHNICALLY - the size of the court and the characteristics of the ball have a huge influence on the development of grips, stroke patterns, and footwork.

STRATEGY AND TACTICS – young players on a large court tend to stay at the baseline rather than develop their net game. And they find it difficult to play with consistency.

PHYSICALLY – younger children simply cannot get around a large court. And consider the effect on their arms and shoulders of repeated impact with a 'heavy' ball.

PSYCHOLOGICALLY – how can they learn to enjoy the game, and be motivated to continue playing, if they are faced with a fast and heavy ball whizzing around a large court? The obvious reaction is "I'm giving up tennis!"

tennis 10s

THE RULES OF TENNIS ARE CHANGING

From 2012, the rules of tennis will change so that no 10-and-under competition can be played using a traditional 'yellow' ball. Instead a slower 'red', 'orange', or 'green' ball must be used with the appropriate sized court.

For more information on this rule visit tennis10s.com or contact james.newman@itftennis.com



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