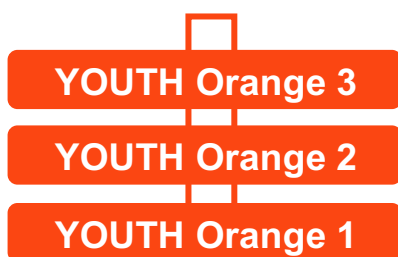


Progressive and easy to follow...



Red Stage (Age 5-8)

You'll see overarm serves, rallies, and volleys. Coaches will help players develop their co-ordination, balance, and speed. We'll introduce relaxed competition here too.



Orange Stage (Age 8-9)

Time to throw in some tactics, problem-solving, and guides to sportsmanship and leadership. At this stage players will know all of the rules and will be serving and returning in matches.



Green Stage (Age 9-10)

This is the big one. It's time for players to play on full size courts. Now it's all about growing their game by fine tuning and refining the techniques they've learned so far.



Yellow Stage (Age 10+)

Time to find your game. Playing on a full-size court with the same balls the pros use, players will continue to explore different styles on the court and start to choose their own.

Squads will be age specific and might also feature separate sessions for boys girls, and Elite Invitation only.