



ANZ GREEN BALL HOT SHOTS

Our Green Ball Hot Shots program is generally suitable for children in Grades 4, 5 & 6.

Green Ball Hot Shots is ideal for older children who have mastered fundamental motor skills and are looking to progress into fixture play. Children must have a good understanding of tennis strokes and have mastered the fundamental skills of throwing, catching and striking balls. This is the final Hot Shots progression before players move to standard tennis balls.

At Tennis For Kids, our Green Ball programs are designed to let children put their skills into action with plenty of activities involving rallies and point play. Our coaches will also continue to refine technique, teaching children a variety of spins and helping children to continue developing their service technique.

Generally Green Ball sessions are run on full size tennis courts with full size nets. The Green Balls are the same size as a standard tennis and only slightly softer. This means they move almost as fast as a standard tennis ball but don't bounce quite as high, making them an ideal "transition" ball for competent young players to develop powerful tennis strokes.



For ANZ HOT SHOTS lesson times and pricing at your school go to www.tennisforkids.com.au or call us on [0408 187 741](tel:0408187741) for more information.

