



## ANZ ORANGE BALL HOT SHOTS

*Our Orange Ball Hot Shots program can generally be suitable for children in Grade 2 to Grade 5.*

Orange Ball Hot Shots is a progression from the Red Ball and can be used as an

introduction to tennis for older children or as a graduation for younger children whose skills are progressing.

Our Orange Ball Hot Shots program focusses on refining tennis technique and improving motor skills and general coordination. Compared to Red Ball Hot Shots, our Orange Ball programs spend more time refining tennis technique - forehands, backhands, volleys, overhead smashes and serves. While challenging games and activities help children master fundamental skills such as throwing, catching, tracking and striking balls. In addition rallies, point play and tennis scoring will also be introduced.

Orange Balls are approximately the same size as a standard tennis ball but softer. This means orange balls don't bounce as high or move as fast, making them easier to hit and rally. Depending upon the school and standard of student, Orange Ball sessions may be run with modified courts and nets or on full courts with full height nets.



### FREE TENNIS RACQUET OFFER!!

Every new child signing on for lessons this term is entitled to receive a free new junior racquet\*



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

