

Kids Characteristics | (Ages 9-10)

1. More refined motor skills & fluency in practice
2. Reaction & anticipation skills are much better
3. More independent and able to share
4. Able to concentrate and focus for longer
5. Able to understand the concepts of winning and losing
6. More rotation in serves and groundstrokes
7. Can be taught basic doubles positions & tactics
8. 60-90 minute practice sessions are optimal
9. Practice sessions should be fun, positive, and rewarding