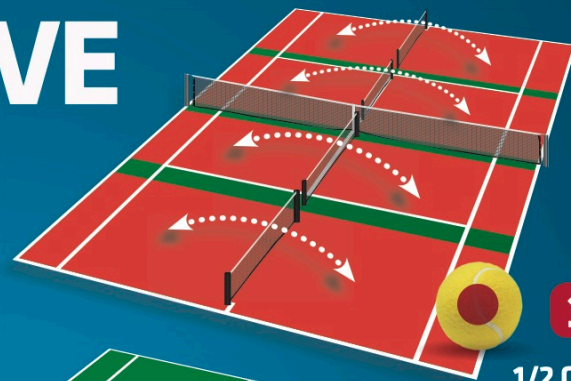


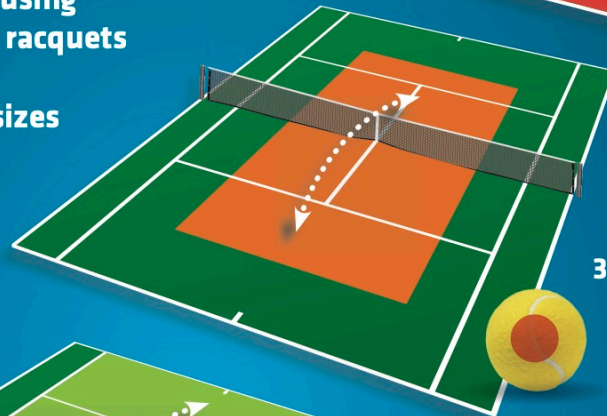
# PROGRESSIVE TENNIS

Progressive Tennis is a widely accepted method for learning tennis using

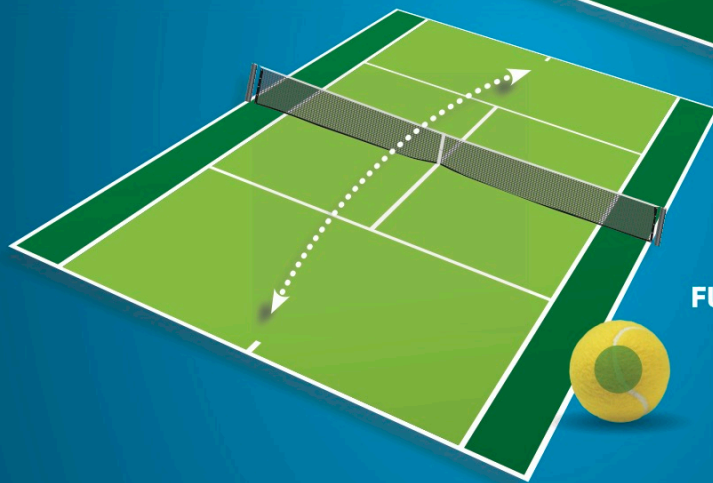
- skill appropriate tennis racquets
- skill appropriate balls
- skill appropriate court sizes and nets



1  
1/2 COURT



2  
3/4 COURT



3  
FULL COURT

## WHY TRY PROGRESSIVE TENNIS?

- equipment matches the physical development of young players
- allows learning through cooperative drilling and playing real rallies and games
- quickly develops consistency, accuracy and a sense of success.
- promotes correct grip and hence the development of overall proper technique
- provides playing experience and the chance to learn court sense, tactics and anticipation
- develops footwork and fitness with longer rallies
- teaches players to play smart with more strategy rather than just hitting the ball hard
- allows players to practice and develop confidence with new shots or techniques
- 1/2 court tennis can be played in a basement, garage or gymnasium all year round

## THE BOTTOM LINE:

- Shortens the learning curve for tennis
- Provides fun for all ages and all skill levels
- Develops the skills that lead to a lifelong enjoyment of tennis

**Progressive tennis equipment is available from your tennis equipment retailer, Canadian Tire or other general merchandise stores.**

For more information, please visit [tennisontario.com](http://tennisontario.com)

