Junior Tennis Programme Pathway at the Hong Kong Country Club

Our pathway fosters progressive skill development for juniors at every stage on their tennis journey. We emphasize learning, fun, teamwork and life skills throughout the journey.

Both recreational and competitive players thrive in our supportive environment.

Classes are taught by our team of highly experienced tennis coaches.

- **Term 1** **August 31 - December 12, 2026**
- **Term 2** **January 4 - June 12, 2027**

Hong Kong Country Club

Junior Tennis Programme Player Pathway

Level 1: Red Ball

Mini Tennis (Ages 4-7)

- Build **basic coordination** and **fundamental skills**.
- Fun and engaging introduction to tennis.

Level 2: Orange Ball

¾ Court (Ages 8-9)

- Transition to a larger court and faster play.
- Develop technique, control and tactical awareness.

Level 3: Green Ball

Full Court (Ages 10-11)

- Play on a full-sized court with a slightly softer ball.
- Focus on refining technique, consistency and match play skills.

Level 4: Yellow Ball

Teenage Tennis (Ages 12+)

- Full-court play with standard yellow balls.
- Focus on advanced techniques, strategy and competitive match play.

Level 5: Advanced Tennis

Competitive Players (Ages 13+)

- High-performance training for advanced players.
- Focus on competition, strategy and peak performance.

LEVEL 1: RED BALL TENNIS

Ages 4-7

Key Focus Areas

- **Skill Development**
  - Master grip, stance, balance, hand-eye coordination and basic footwork.
  - Fun and playful activities to keep kids engaged while building confidence.
- **Modified Equipment**
  - Smaller courts and slower balls for easier learning and better control.
  - Helps players focus on technique and build confidence early on.
- **Social Skills**
  - Group activities to develop teamwork, spatial awareness, agility and sportsmanship.
  - Builds life skills alongside tennis skills.

LEVEL 2: Orange Ball Tennis

Ages 8-9

Key Focus Areas

- **Refined Mechanics**
  - Develop improved stroke technique and movement.
  - Build on the foundations learned in Red Ball.
- **Tactical Awareness**
  - Learn scoring and basic court positioning.
  - Focus on serving and return positions.
- **Match Experience**
  - Participate in regular club-coached match play evenings.
  - Engage in ladder competitions to build confidence and match skills.

LEVEL 3: Green Ball Tennis

Ages 10-11

Key Focus Areas

- **Full-Court Introduction**
  - Play with medium-speed balls on full-size regulation courts.
- **Consistency Under Pressure**
  - Develop reliable technique for all key tennis shots.
  - Master serving, returning, baseline play and net play.
- **Strategic Competition**
  - Build match play skills with a focus on basic tactical awareness.
  - Participate in regular club-coached match play evenings and ladder competitions.
- **Character Development**
  - Strengthen sportsmanship and resilience through guided play.
  - Learn how to compete with respect, and how to handle winning and losing matches.

LEVEL 4: Yellow Ball / Teenage Tennis

Ages 12+

Key Focus Areas

- **Advanced Techniques**
  - Master spin, power and strategic point construction.
  - Play on a full-sized court with regulation yellow balls.
- **Tournament Play**
  - Compete in internal and external tournaments.
  - Aim for school teams, club teams, and HKCTA (Hong Kong, China Tennis Association) tournaments.
- **Personalized Paths**
  - Receive tailored guidance from experienced coaches.
  - Support for both competitive and recreational tennis goals.
- **Physical Development**
  - Enhance tennis-specific fitness and conditioning as part of every class.

LEVEL 5: Advanced Tennis

Ages 13+

Key Focus Areas

- **Solid Command of All Shots**
  - Master advanced shot selection and technical precision.
  - Perform consistently under match conditions.
- **Competitive Focus**
  - Regular participation in leagues, tournaments and school competitions is required.
  - Has or is striving to achieve an HKCTA (Hong Kong, China Tennis Association) ranking.
- **Intense Training**
  - Structured practice with performance analysis and specialized drills.
  - Play **6+ hours per week**, not including competitive match play.
- **Tennis as Priority**
  - For dedicated players who consider tennis their primary sport.
  - Set goals to achieve national rankings.

Competitive Junior Tennis

- **Friday Night Coached Match Play**
  - From **6:00 PM**, for all tennis levels with match play instruction:
    - **Red Ball (Ages 4-7).**
    - **Orange Ball (Ages 8-9).**
    - **Green Ball (Ages 10-11).**
    - **Yellow Ball (Ages 12+).**

- **Junior League Team**
  - The top juniors are invited to join the U14 league team and represent the Club in the HKCTA Junior League. Matches are played on Friday nights and are against other clubs around Hong Kong. All participants must play in our Advanced Tennis Programme and are required to play both home and away matches.

Key Benefits

- Compete in singles and doubles matches to develop **match tactics**.
- Build confidence and **sportsmanship** through winning and losing.
- Gain experience playing in a **competitive yet supportive environment** with coaching guidance.
- Earn **medals and certificates** for participation and achievements.

To join or enquire about the Junior Tennis Programme or Coached Match Play, please contact our **Head Tennis Coach** at **sean.cooper@countryclub.hk**. Alternatively, you can check available classes or register online using the QR Code opposite.

Junior Tennis Programme group classes are billed on a monthly basis.

Members $280 / hour
Members' Guests $325 / hour
Visitors * $345 / hour

* A booking fee applies to visitor classes.

ONLINE COACHING
& EVENTS
REGISTRATION

HONG KONG
COUNTRY CLUB