



Tennis Master Academies

Elite Player Development System (NTRP + UTR)

At Tennis Master Academies, all of our lessons are structured through a clear development pathway. We use NTRP to understand a player's technical level and UTR to understand competitive performance. This allows us to place each player in the right environment, challenge them appropriately, and guide their long-term progression with clarity.



Developing / Beginner | NTRP 1.0–3.0 | UTR 1.0–3.5

- Learning fundamentals • Developing coordination • Building confidence and consistency

Players at this stage are building the foundation of the game. The emphasis is on basic grips, balance, movement patterns, contact point awareness, and simple rally skills. Compared to the levels above, players here are still learning how to control the ball consistently and how to move in a way that supports good technique. The goal is not simply to hit balls, but to establish habits that will allow future progress to happen correctly and confidently.

Intermediate | NTRP 3.5–4.5 | UTR 3.5–7.0

- Consistent rallying • Serve development • Introduction to strategy and match play

At the intermediate stage, players begin to sustain rallies with more reliability and start to understand how to organize points. Serves, returns, directional control, and court positioning become more important. The difference from the beginner stage is that the player is no longer only reacting to the ball; they are beginning to play with purpose. They can keep the ball in play more consistently, understand basic patterns, and start using strategy during points instead of relying only on effort.

Advanced | NTRP 5.0–5.5 | UTR 7.0–10.5

- Strong control and tactics • Competitive play • Match awareness

Advanced players demonstrate stronger control under pressure and are able to execute with greater quality, variety, and tactical awareness. Compared to intermediate players, they are more efficient with their movement, more precise with their shot selection, and more comfortable solving problems within real match situations. At this level, decision-making, anticipation, and the ability to absorb and redirect pace become much more visible.

High Performance / Pro | NTRP 6.0+ | UTR 10.5+

- Elite technique • High-level competition • Mental strength and performance

This stage reflects elite development. Players at this level compete with a higher level of discipline, technical refinement, tactical maturity, and mental strength. The difference is not only in the quality of strokes, but in how consistently the player can perform under competitive pressure. Match management, shot tolerance, clarity of intention, and the ability to execute in important moments all become defining characteristics.



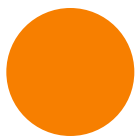
10 & Under Development Pathway: Red, Orange, and Green Ball Progression

For younger players, development is not only based on technical level, but also on using the right ball and the right court size. This progression helps children learn the game in a more natural way, rally earlier, build confidence faster, and develop cleaner technique from the beginning.



RED BALL

36 ft court



ORANGE BALL

60 ft court



GREEN BALL

Full court

Red Ball | Typical Ages 5–7

- Red ball is the slowest stage and is used on a 36-foot court • It is designed to bounce lower and travel more slowly than a standard yellow ball

This stage gives young players the opportunity to develop coordination, tracking, timing, and confidence in a setting that fits their size and current abilities. Because the court is smaller and the ball is slower, players are more likely to have successful rallies and more meaningful contacts.

Orange Ball | Typical Ages 7–9

- Orange ball is played on a 60-foot court • It moves faster than red ball but still gives players more time and control than a regular ball

Orange ball serves as a bridge between introductory tennis and more complete point play. Players begin to rally longer and understand point play.

Green Ball | Typical Ages 9–11+

- Green ball is used on a full-size court • It is closer to a regular yellow ball, but still slightly slower

Green ball is the transition into full tennis. Players begin to play on the full court with more traditional spacing and competition.



10 & Under Racquet Size Progression

Red Ball Stage (Ages 5–7) | Racquet Size: 19”–23”

- Shorter and lighter racquets • Easier to swing and control • Designed for smaller courts

At this stage, players are still developing coordination and basic motor skills. A shorter racquet allows them to swing freely without compensating or using incorrect technique.

Orange Ball Stage (Ages 7–9) | Racquet Size: 23”–25”

- Slightly longer racquet • More reach and leverage • Supports rallying and point play

As players grow stronger and begin rallying more consistently, they need a racquet that allows them to cover more court while still maintaining control.

Green Ball Stage (Ages 9–11+) | Racquet Size: 25”–26”

- Near full-size racquet • More power and stability • Designed for full-court play

At this stage, players transition into full tennis. The racquet must support stronger swings, serves, and competitive play.



Development Philosophy

Our goal is not simply to put players on court and have them hit balls. Our goal is to develop players correctly. That means using the appropriate ball type, the appropriate court size, and the appropriate level grouping so that each player can improve in a structured way.

By combining the correct ball, the correct court, and the correct level, players are able to build proper technique, gain confidence, enjoy the learning process, and progress with a stronger foundation.

When players move through the pathway correctly, development becomes more efficient. They improve faster, understand the game more clearly, and feel more successful on court.