



HOT SHOTS CLINICS

At Beach City Tennis Academy we follow a Quick Start Tennis Play Format 10 and Under Tennis for ages 6-8 years old. Once kids have reached the age of 6-8 and/or have advanced from our Beginner Clinics using the Green Balls we recommend moving to our Intermediate Hot Shot Clinics using the regular sized Yellow Balls. This is important milestone because we want players to get a feel for correctly applying topspin using standard sized balls at a young age.

We recommend buying the lighter, smaller rackets, with grips appropriate for smaller hands allow kids to develop proper swing patterns. 10 and Under Tennis allows kids to master strokes and techniques early so they see quicker results as Juniors. Kids are also introduced to scoring and court positioning.

Hot Shot clinics are designed to start kids competing where they will individually contribute though a series of games and rallies. The clinics range in size starting at 4 players and parents can expect that kids will get plenty of exercise at this level. At this level kids also get an opportunity to work as a team with a partner depending upon the game. Finally, players will start to understand more about whether they excel at Singles vs. Doubles style of game play in this clinic.

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