



"There's always light at the end of the rainbow"

Red Squad
Orange Squad
Yellow Squad
Green Squad
Blue Squad
Indigo Squad
Violet Squad

AGE 3-5 Lv. 1

BALL : Red, Foam
MODIFICATION : Mini Net
RACQUET SIZE : 17-21"

COMPETENCY

- Understand court surroundings

- Hand Eye Coordination and Reaction Skills

- Rotate body for FH/BH
- Ready Position / Split Step

- Learn to throw correctly
- Tracking the Ball

AGE 5-7 Lv. 2

BALL : Orange
MODIFICATION : ¾ court
RACQUET SIZE : 19-21"

COMPETENCY

- Improve Hand Eye Co-ord, Balance, Reaction, Tracking

- Directional movements
- Splt Step, turn and move

- Grip Consistency
- Bsic Stroke Technique

- Learning to win and lose
- Beginning to rally with technique

AGE 7-9 Lv. 3

BALL : Green dot
MODIFICATION : Full court
RACQUET SIZE : 21-25"

COMPETENCY

- Improve court awareness

- Correcting Stroke Biomechanics
- Score/play points
- Develop routines

- Rallying with consistent technique and movement

- Learning routines of serve and returns

AGE 10-12 Lv. 4
Pre Comp

BALL : Green
MODIFICATION : Full court
RACQUET SIZE : 26-27"

COMPETENCY

- Introducing basic Techniques and Strategies

- Learn to read play and opponent
- Goal Setting
- Mastering the continental grip

- Improve stroke biomechanics and movement
- Basic Stance for strokes

- Is working towards supervised matchplay

AGE 10-12 Lv. 5
Comp

BALL : Green
MODIFICATION : Full court
RACQUET SIZE : 27"

COMPETENCY

- Progressing – Tactics Strategies, Routines between points

- Developing specific stances for specific strokes
- Knowing court zones

- Further stroke and biomechanic development

AGE 13-15 Lv. 6
Exp Comp

BALL : Green
MODIFICATION : Full court
RACQUET SIZE : 27"

COMPETENCY

- Further development of strokes and applying to construct points

- Progressing all stroke biomechanics, movement, patterns and footwork

- Introduction to tournaments / competitions

AGE 10-15 Lv. 7
Tournaments

BALL : Green
MODIFICATION : Full court
RACQUET SIZE : 27"

COMPETENCY

- Understand Pathway
- Mastering all components of Indigo Stage

- Reassess goals, working towards further competing