



Four Colours. One Game.

Playing **2 times** per week improves you **4 times** faster

	Red Ball	Red Ball Plus	Red Ball Performance	Progression
Ball	Foam/Low Compression Red	Low Compression Red	Low Compression Red	<i>Combining practice and play is essential to moving through our pathway. Remember, playing at least TWO TIMES per week is key to improving. Coaching sessions supplemented by match play is the perfect mix.</i>
Ages	3 to 5 years	5 to 7 years	6 to 7 years	
Racquet	17 inch or 19 inch	21 inch or 23 inch	21 inch or 23 inch	
Court	Mini Court (36 Foot)	Mini Court (36 Foot)	Mini Court (36 Foot)	
Lesson Format	45 minutes	45 minutes	45 minutes	
Play Format	Fun Play' format with no scoring	Play 7-point Pro Set (1 set) Singles Only	Play 7-Point Pro Set (best of 3 sets) Singles & Doubles	
Play Opportunities	Participate in MTC Play Days & Fun Tournaments.	Participate in MTC Super 8s & Hot Shots Tournaments. (1 hour only)	Participate in MTC Super 8s & Hot Shots Tournaments. (1 hour only)	

	Orange Ball	Orange Ball Plus	Orange Ball Performance	Progression
Ball	Low Compression Orange	Low Compression Orange	Low Compression Orange	<i>Combining practice and play is essential to moving through our pathway. Remember, playing at least TWO TIMES per week is key to improving. Coaching sessions supplemented by match play is the perfect mix.</i>
Ages	8 to 10 years	8 to 10 years	8 to 10 years	
Racquet	23 inch or 25 inch	23 inch or 25 inch	25 inch	
Court	3/4 Court (60 Foot)	3/4 Court (60 Foot)	3/4 Court (60 Foot)	
Lesson Format	45mins	45mins	45mins	
Play Format	Play 4-game Pro Set (1 set, no-ad scoring). Singles & Doubles	Play 4 game Pro Set (best of 3 sets). Singles & Doubles	Play 4 game Pro Set (best of 3 sets). Singles & Doubles	
Play Opportunities	Participate in MTC Play Days & Weekly Game Play.	Participate in MTC Super 10s & Hot Shots Tournaments.	Participate in MTC Super 10s & Hot Shots Tournaments. Participate in state and national sanctioned tournaments.	

	Green Ball	Green Ball Plus	Green Ball Performance	Progressions
Ball	Low Compression Green	Low Compression Green	Low Compression Green	<i>Combining practice and play is essential to moving through our pathway. Remember, playing at least TWO TIMES per week is key to improving. Coaching sessions supplemented by regular team match play & tournaments is the perfect mix.</i>
Ages	10 to 11	10 to 11	10 to 11	
Racquet	25 inch, 26 inch or 27 inch	25 inch, 26 inch or 27 inch	26 inch or 27 inch	
Court	Full size court (78 Foot)	Full size court (78 Foot)	Full size court (78 Foot)	
Lesson Format	45mins	45mins	45mins	
Play Format	Play 6 game Pro Set (1 set, no-ad scoring). Singles & Doubles	Play 6 game Pro Set (Best of 3 sets, no-ad scoring). Singles & Doubles	Play 6 game Pro Set (Best of 3 sets). Singles & Doubles	
Play Opportunities	Participate in MTC Super 12s & Tennis Brisbane Superleague.	Participate in MTC Super 12s, Tennis Brisbane Superleague & Hot Shots Tournaments.	Participate in MTC Superleague & Hot Shots Tournaments. Participate in state and national sanctioned tournaments.	

	Yellow Ball	Development Squad	Performance Squad	Progressions
Ball	Standard Ball (yellow)	Standard Ball (yellow)	Standard Ball (yellow)	<i>Combining practice and play is essential to moving through our pathway. Remember, playing at least TWO TIMES per week is key to improving. Coaching sessions supplemented by regular team match play & tournaments is the perfect mix.</i>
Ages	11 plus years	11 plus years	11 plus years	
Racquet	27 inch (full size)	27 inch (full size)	27 inch (full size)	
Court	Full size court (78 Foot)	Full size court (78 Foot)	Full size court (78 Foot)	
Lesson Format	1 hour	1 hour	1.5 hours	
Play Format	Play 6 game Pro Set (Best of 3 sets, no-ad scoring). Singles & Doubles	Play 6 game Pro Set (Best of 3 sets, no-ad scoring). Singles & Doubles	Play 6 game Pro Set (Best of 3 sets, no-ad scoring). Singles & Doubles	
Play Opportunities	Participate in Weekly Game Play & Tennis Brisbane Fixtures. Participate in TennisGear tournaments.	Participate in Tennis Brisbane Fixtures. Participate in Tennis Australia tournaments.	Participate in Tennis Brisbane Fixtures. Participate in Tennis Australia tournaments.	