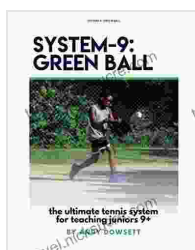


# The Ultimate Guide to Tennis for Juniors Aged 10

Tennis is a great sport for kids of all ages, and it's never too early to start learning. If your child is 10 years old and interested in playing tennis, this guide will provide you with everything you need to know to get them started.



## SYSTEM-9: Green Ball: The Ultimate Tennis Book for juniors aged 10+ by Mark Kislich

★★★★★ 5 out of 5

Language : English

File size : 5606 KB

Screen Reader : Supported

Print length : 162 pages

Lending : Enabled



## Gear

The first thing you'll need to do is get your child the right gear. Here's a list of what you'll need:

\* **Tennis racket:** A racket that is too big or too small for your child will make it difficult for them to learn. For a 10-year-old, a racket with a head size of 95-105 square inches and a length of 25-27 inches is a good starting point.

\* **Tennis balls:** There are different types of tennis balls available, but for beginners, soft, low-compression balls are the best choice. \* **Tennis**

**shoes:** Tennis shoes provide support and stability, and they can help to

prevent injuries. Make sure to get your child a pair of shoes that are designed for tennis and that fit well. \* **Tennis attire:** Tennis clothes should be comfortable and allow for a full range of motion. Cotton is a good choice for tennis clothing, as it is breathable and wicks away sweat.

## **Instruction**

Once you have the right gear, it's time to find your child a tennis instructor. A good instructor can teach your child the basics of the game, including how to hold the racket, how to stroke the ball, and how to move around the court.

If you're not sure where to find a tennis instructor, you can ask your local tennis club or park district. You can also search for tennis lessons online.

## **Drills**

Drills are a great way to help your child practice their tennis skills. Here are a few drills that are suitable for beginners:

\* **Forehand drill:** Have your child stand facing you, with their feet shoulder-width apart and their knees slightly bent. Toss them a ball, and have them hit it back to you with their forehand. \* **Backhand drill:** Have your child stand with their back to you, with their feet shoulder-width apart and their knees slightly bent. Toss them a ball, and have them hit it back to you with their backhand. \* **Volley drill:** Have your child stand facing you, with their feet shoulder-width apart and their knees slightly bent. Toss them a ball, and have them hit it back to you without letting it bounce.

## **Practice**

The best way to improve at tennis is to practice regularly. Encourage your child to practice for at least 30 minutes, three times per week. If they can practice more often, that's even better.

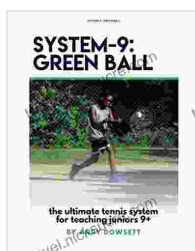
As your child practices, they will start to develop their own style of play. Don't be afraid to let them experiment and find what works best for them.

## Competition

Once your child has learned the basics of tennis, they may be interested in competing in tournaments. Junior tennis tournaments are a great way for kids to improve their skills, meet new people, and have fun.

If your child is interested in playing in tournaments, talk to their tennis instructor or local tennis club. They can help you find tournaments that are appropriate for your child's skill level.

Tennis is a great sport for kids of all ages, and it's never too early to start learning. By following the tips in this guide, you can help your 10-year-old get started with tennis and enjoy a lifetime of fun and fitness.



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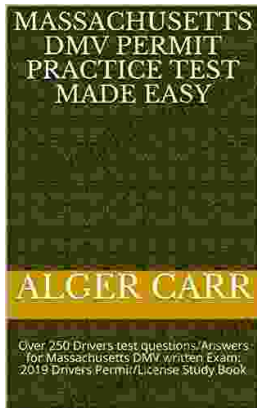
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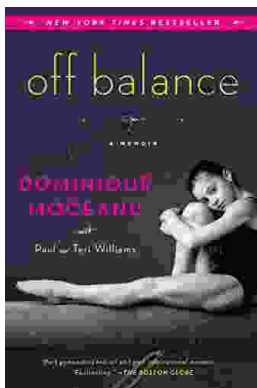
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