



Court Dimensions

For each Hot Shots stage



Blue Stage

3-5+

A large, flat and safe area that provides children of this age and stage to engage in a variety of foundational Fundamental Perceptual Movement Skills using colourful and interesting equipment designed to stimulate movement



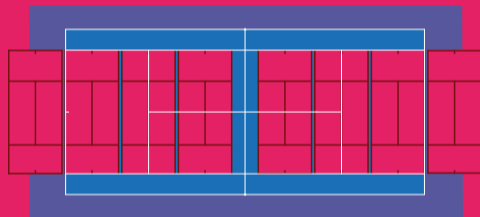
🌐 The recommended racquet size for this stage is a 17 and 19 inch racquet



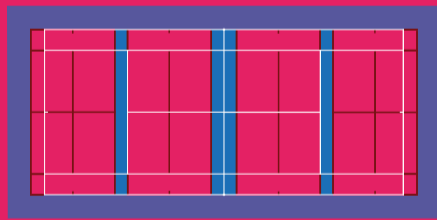
Red Stage

5-8+

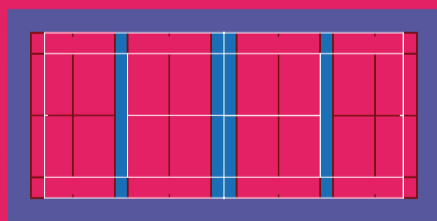
The Red Stage is divided into three stages of development – Red 1; Red 2 and Red 3. These categories acknowledge the different rates of development realised between this general age range.



Red 1 Court dimension
– 3m x 8.23m
(net height - 75 cm)



Red 2 Court dimension
– 5.5m x 10.97m
(net height - 75 cm)



Red 3 Court dimension
– 5.5m x 10.97m
(net height - 75 cm)

🎾 The Red coloured ball is 25% compression of an adult or yellow ball (full compression). It has a larger diameter of an adult or yellow ball

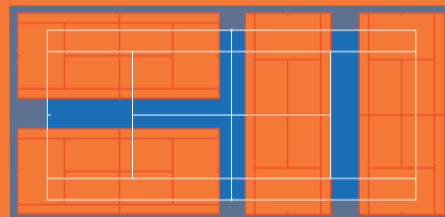
🌐 The recommended racquet size for this stage is a 19, 21 or 23 inch racquet depending on their growth and development



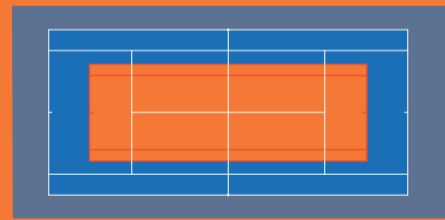
Orange Stage

8-10+

The Orange Stage is divided into two stages – Orange 1 and Orange 2. These categories also appreciate the disparate development of children's competence in this general age range



Orange 1 Court dimension
– 5.5m x 13m (NEW COURT)
(net height - 75 cm)



Orange 2 Court dimension
– 6.4m x 18.29m
(net height - 65 cm)

🎾 The Orange coloured ball that is 50% compression of an adult or yellow ball. It is the same diameter of an adult or yellow ball

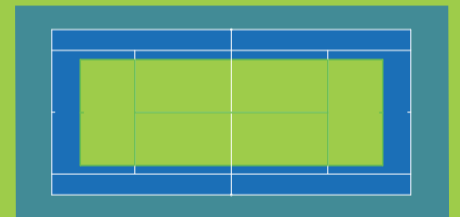
🌐 The recommended racquet size for this stage is a 23 to 25 inch racquets depending on their growth and development



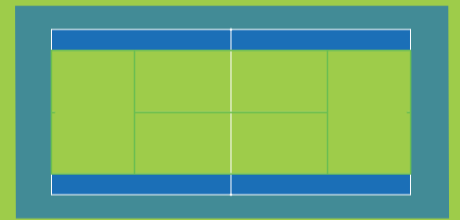
Green Stage

10+

The Green Stage is also divided into two stages – Green 1 and Green 2.



Green 1 Court dimension
– 7m x 20m (NEW COURT)
(net height - 65 cm)



Green 2 Court dimension
– 8.23m x 23.77m
(net height - Full height)v

🎾 The Green coloured ball that is 75% compression of an adult or yellow ball. It is the same diameter of an adult or yellow ball

🌐 The recommended racquet size for this stage is 25 to 27 inch racquets depending on their growth and development

Court Dimensions

For each Hot Shots stage



Blue Stage

3-5+

A large, flat and safe area that provides children of this age and stage to engage in a variety of foundational Fundamental Perceptual Movement Skills using colourful and interesting equipment designed to stimulate movement



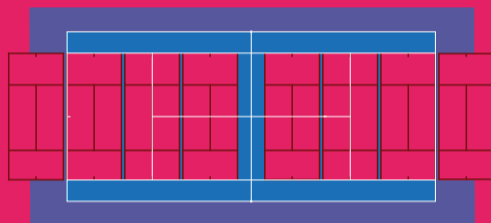
The recommended racquet size for this stage is a 17 and 19 inch racquet



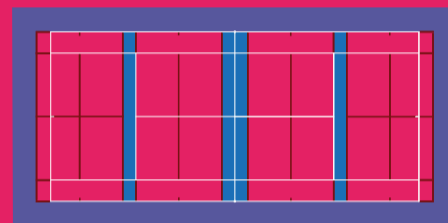
Red Stage

5-8+

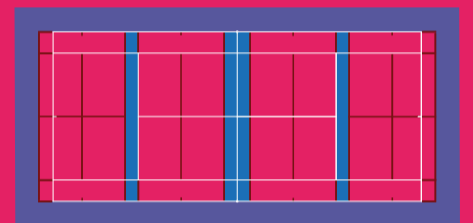
The Red Stage is divided into three stages of development – Red 1; Red 2 and Red 3. These categories acknowledge the different rates of development realised between this general age range.



Red 1 Court dimension
– 3m x 8.23m
(net height - 75 cm)



Red 2 Court dimension
– 5.5m x 10.97m
(net height - 75 cm)



Red 3 Court dimension
– 5.5m x 10.97m
(net height - 75 cm)



The tennis ball recommended in this stage is a Red coloured ball that is 25% compression of an adult or yellow ball (full compression). The Red ball has a larger diameter of an adult or yellow ball



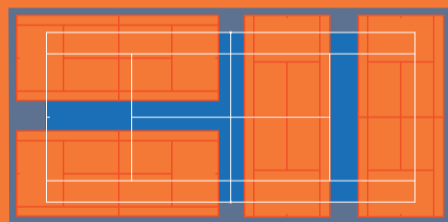
The recommended racquet size for this stage is a 19, 21 or 23 inch racquet depending on their growth and development



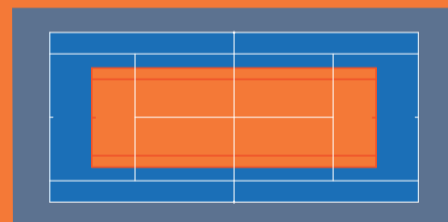
Orange Stage

8-10+

The Orange Stage is divided into two stages – Orange 1 and Orange 2. These categories also appreciate the disparate development of children's competence in this general age range



Orange 1 Court dimension
– 5.5m x 13m (NEW COURT)
(net height - 75 cm)



Orange 2 Court dimension
– 6.4m x 18.29m
(net height - 65 cm)



The tennis ball recommended in this stage is an Orange coloured ball that is 50% compression of an adult or yellow ball. The Orange ball is the same diameter of an adult or yellow ball



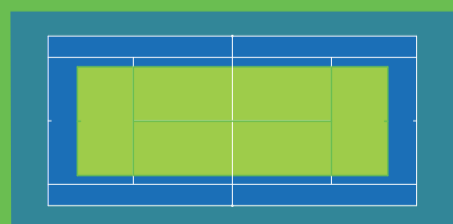
The recommended racquet size for this stage is a 23 to 25 inch racquets depending on their growth and development



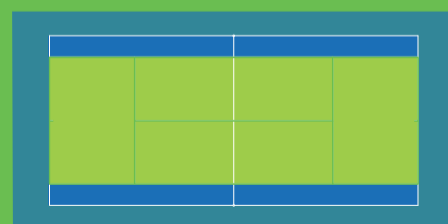
Green Stage

10+

The Green Stage is also divided into two stages – Green 1 and Green 2.



Green 1 Court dimension
– 7m x 20m (NEW COURT)
(net height - 65 cm)



Green 2 Court dimension
– 8.23m x 23.77m
(net height - Full height)



The tennis ball recommended in this stage is a Green coloured ball that is 75% compression of an adult or yellow ball. The Green ball is the same diameter of an adult or yellow ball



The recommended racquet size for this stage is 25 to 27 inch racquets depending on their growth and development



Hot Shots Tennis pathway

hotshots.tennis.com.au



Blue Stage

3-5+

A large, flat and safe area that provides children of this age and stage to engage in a variety of foundational Fundamental Perceptual Movement Skills using colourful and interesting equipment designed to stimulate movement

The recommended racquet size for this stage is a 17 and 19 inch racquet



Red Stage

5-8+

The Red Stage is divided into three stages of development – Red 1; Red 2 and Red 3. These categories acknowledge the different rates of development realised between this general age range.

Red 1 Court dimension
– 3m x 8.23m

Red 2 Court dimension
– 5.5m x 10.97m

Red 3 Court dimension
– 5.5m x 10.97m

The tennis ball recommended in this stage is a Red coloured ball that is 25% compression of an adult or yellow ball (full compression). The Red ball has a larger diameter of an adult or yellow ball

The recommended racquet size for this stage is a 19, 21 or 23 inch racquet depending on their growth and development



Orange Stage

8-10+

The Orange Stage is divided into two stages – Orange 1 and Orange 2. These categories also appreciate the disparate development of children's competence in this general age range

Orange 1 Court dimension
– 5.5m x 13m (NEW COURT)

Orange 2 Court dimension
– 6.4m x 18.29m

The tennis ball recommended in this stage is an Orange coloured ball that is 50% compression of an adult or yellow ball. The Orange ball is the same diameter of an adult or yellow ball

The recommended racquet size for this stage is a 23 to 25 inch racquets depending on their growth and development



Green Stage

10+

The Green Stage is also divided into two stages – Green 1 and Green 2.

Green 1 Court dimension
– 7m x 20m (NEW COURT)

Green 2 Court dimension
– 8.23m x 23.77m

The tennis ball recommended in this stage is a Green coloured ball that is 75% compression of an adult or yellow ball. The Green ball is the same diameter of an adult or yellow ball

The recommended racquet size for this stage is 25 to 27 inch racquets depending on their growth and development



Court Dimensions

For each Hot Shots stage



Blue Stage

3-5+

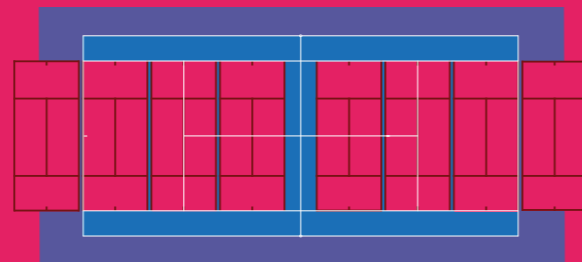
A large, flat and safe area that provides children of this age and stage to engage in a variety of foundational Fundamental Perceptual Movement Skills using colourful and interesting equipment designed to stimulate movement

🌐 The recommended racquet size for this stage is a 17 and 19 inch racquet

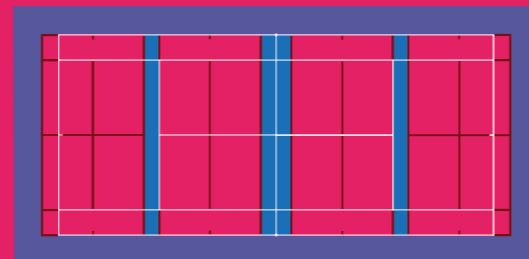
Red Stage

5-8+

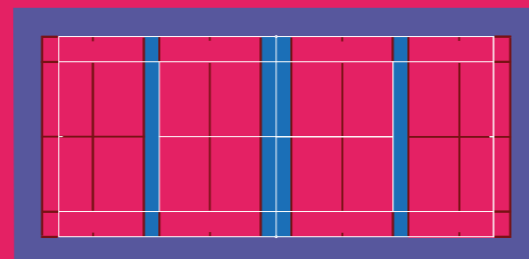
The Red Stage is divided into three stages of development – Red 1; Red 2 and Red 3. These categories acknowledge the different rates of development realised between this general age range.



Red 1 Court dimension
– 3m x 8.23m (net height - 75 cm)



Red 2 Court dimension
– 5.5m x 10.97m (net height - 75 cm)



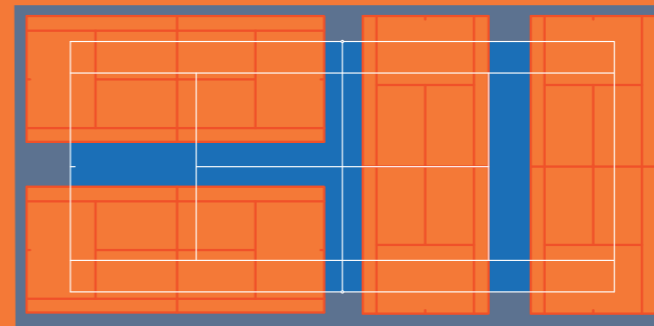
Red 3 Court dimension
– 5.5m x 10.97m (net height - 75 cm)

- 🎾 The Red coloured ball is 25% compression of an adult or yellow ball (full compression). It has a larger diameter of an adult or yellow ball
- 🌐 The recommended racquet size for this stage is a 19, 21 or 23 inch racquet depending on their growth and development

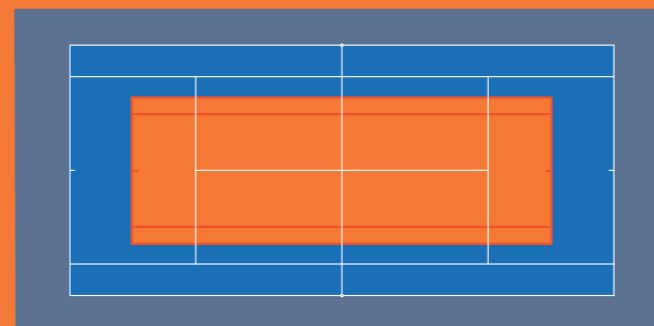
Orange Stage

8-10+

The Orange Stage is divided into two stages – Orange 1 and Orange 2. These categories also appreciate the disparate development of children's competence in this general age range



Orange 1 Court dimension
– 5.5m x 13m (NEW COURT)
(net height - 75 cm)



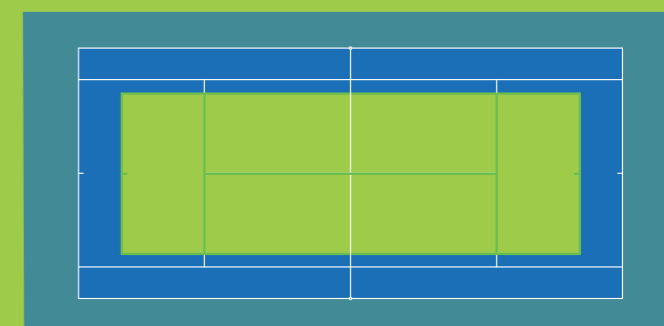
Orange 2 Court dimension
– 6.4m x 18.29m
(net height - 65 cm)

- 🎾 The Orange coloured ball that is 50% compression of an adult or yellow ball. It is the same diameter of an adult or yellow ball
- 🌐 The recommended racquet size for this stage is a 23 to 25 inch racquets depending on their w growth and development

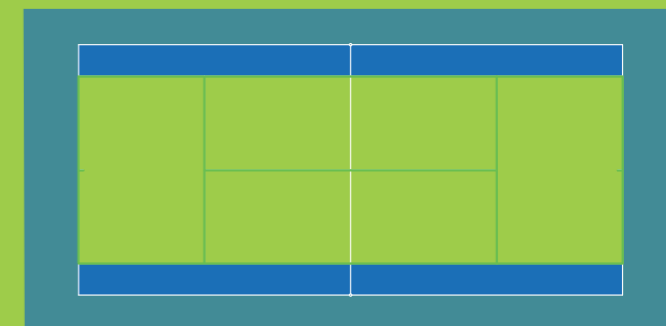
Green Stage

10+

The Green Stage is also divided into two stages – Green 1 and Green 2.



Green 1 Court dimension
– 7m x 20m (NEW COURT)
(net height - 65 cm)



Green 2 Court dimension
– 8.23m x 23.77m
(net height - Full height)v

- 🎾 The Green coloured ball that is 75% compression of an adult or yellow ball. It is the same diameter of an adult or yellow ball
- 🌐 The recommended racquet size for this stage is a 25 to 27 inch racquets depending on their growth and development