



ROG Video from the ITF

RED/ORANGE/GREEN (ROG) TENNIS FACT SHEET

A mini-revolution has occurred world-wide. Internationally, it is called Red/Orange/Green Tennis (ROG). It is imported from European countries like Belgium where it was used to successfully develop some of their top professional players. In Switzerland, Roger Federer is the spokesperson for the approach. ROG Tennis uses a systematic progression of court sizes, balls, and racquets, to scale the game down to an appropriate level for 5-10 year olds.

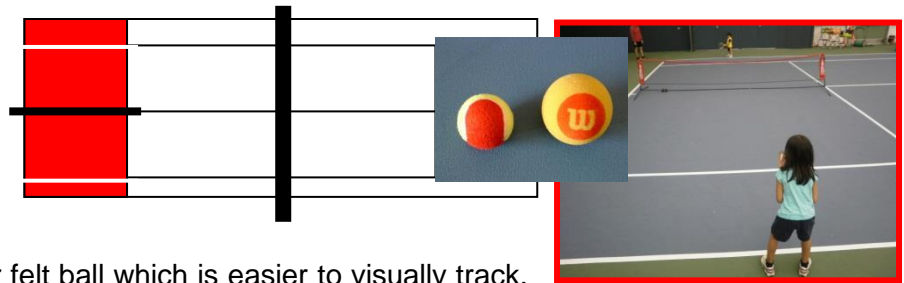
For parents, it may not be the way you learned to play, and you may think there is an advantage to having your child play on a full court. However, this is fast becoming the most effective and accepted way to get children to play, improve, and stay in the game.

SYSTEM BASICS

Here are the system basics. Internationally, levels are colour-coded for easy recognition:

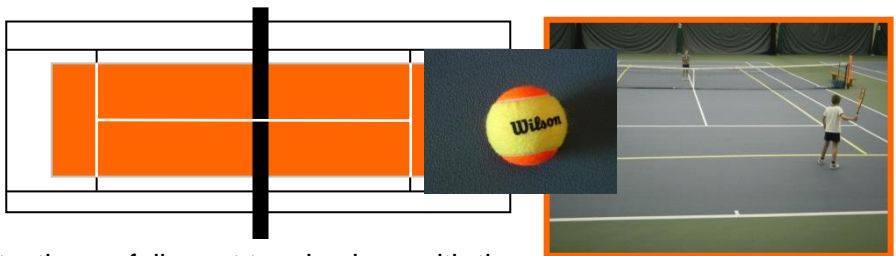
RED TENNIS: Red Tennis is played on a 36 x 18 foot court (typically played from doubles sideline to doubles sideline, sideways across the court). It uses an

oversize, high-density foam or felt ball which is easier to visually track, receive, and control, since it flies slower and bounces lower. Regular rules apply and scoring is modified for simplicity.

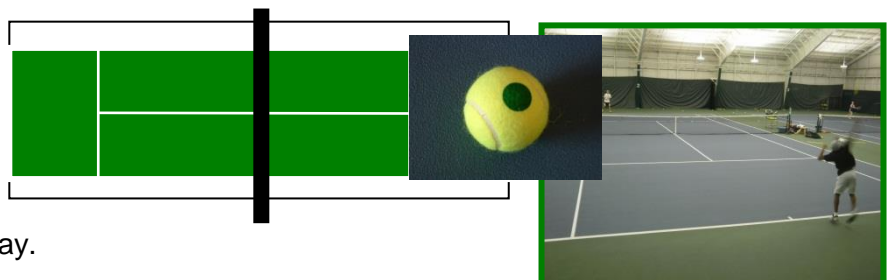


ORANGE TENNIS: Orange Tennis uses a scaled down court (60 x 21 foot). For a 7-9 year old, the ratio of length to width is basically the same as a full sized court is to an adult.

The key is to develop the same tactics as full court tennis along with the associated techniques. To facilitate this, Orange Tennis uses 50% compression balls that bounce lower and are easier to control. This also assists development of good biomechanics. Full tennis rules apply however, scoring is usually modified for shorter time periods of play.



GREEN TENNIS: Green tennis is played on a full sized court but with a 75% compression ball that enhances control and consistency. Scoring may be modified to shorten the time of play.



SYSTEM ADVANTAGES

Here are a number of advantages that are realized when the ROG system is used over playing with regular balls on a full-sized court:

- **Technical development:** Balls bounce an appropriate level and speed for younger players which helps them avoid adopting extreme grips and swings which may limit their future development. They will learn critical **receiving** skills since, tennis is a game of first receiving, then sending the ball.
- **Tactical Development:** The geometry and tactics of a properly proportioned court helps them to better understand real play. They can play on all areas of the court, come to the net more often, and learn to attack and defend more appropriately. Their tactical awareness and decision-making skills progress faster.
- **Footwork & Movement Development:** Rather than just trying to 'survive' an over-sized court and quicker ball speed, players learn appropriate movement patterns. For example, 85% of all shots in professional matches are hit within 4 steps of the starting position. The appropriate sized court will promote this movement and better balance. Also, with more and longer rallies, they will improve their recovery and getting ready for the next shot quicker.

THE PLAY IS THE THING

The biggest advantage of the ROG system is it allows players to *play* quickly and successfully. The philosophy is that tennis is a great and fun game to play, and the quicker and more skillfully a player can play, the more fun it is. This will also promote practicing on their own as they can play without a coach, and with parents, or their tennis friends. ***No other 'game sport' expects young children to play on a full-sized adult playing surface with adult equipment.***

NVTC IS FULLY COMMITTED TO ROG

NVTC is the only facility in BC that has 'Blended' Orange Tennis lines on some of the courts and a dedicated Red Court. Our programs and development system is recognized as a national 'best practice' example and is also successfully applied to our **adult** and **wheelchair** programs.



WE ARE THE WORLD

The International Tennis Federation (ITF) is endorsing this approach with its world-wide Tennis 10s initiative (www.tennisplayandstay.com). The international rules of tennis have even been changed so 10 and under competition is played with this approach. Consequentially, Tennis Canada is promoting the approach to all coaches and facilities.