

**\*\*Progressive Tennis**

Progressive Tennis is an innovative way to teach beginner to intermediate players. Progressive tennis involves the “graduated length” concept. Foam and low compression balls will be coupled with  $\frac{1}{2}$  and  $\frac{3}{4}$  court dimensions. Simply put, this is a “Game Based” tool allowing aspiring players to improve their overall tennis skills faster so they can transition to the regular court with more ease and enjoyment.