

Quickstart Progression

“Tape Belts”

Special thanks to Gabriel and Susan Ferrer for developing the “tape” method adopted by Celsius Tennis Academy.

Age 5-6

white	5 Downs / 5 Ups (bouncing between ups is OK)
yellow	10 Downs / 5 Forehands
orange	5 Backhands
green	5 Forehands / 5 Backhands
blue	Rally of 3 Hits per Player
brown	3 out of 10 Serves / 3 out of 10 Returns
red	Sportsmanship
black	5 of 10 Volleys / Rally of 10 Hits total

Age 7-8

white	10 Downs / 5 Ups (bouncing between ups is OK)
yellow	5 Forehands / 5 Backhands
orange	Rally of 3 Hits per Player
green	5 out of 10 Serves / 3 out of 10 Returns
blue	5 of 10 Volleys, 2 Sets of Approach/Split/Volley
brown	Rally of 5 and 2 out of 10 Target area
red	Sportsmanship
black	Rally of 10 including 3 Backhands

Age 9 & up

white	15 Downs / 10 Ups (bouncing between ups is OK)
yellow	10 Forehands / 5 Backhands
orange	5 Forehands / 5 Backhands and Rally to 5
green	5 out of 10 Serves / 5 of 10 Returns
blue	5 of 10 Volleys, Lob 5 of 10, Smash 5 of 10
brown	Rally of 10 per player, 5 of 10 Target area
red	Sportsmanship
black	Rally of 10 per player, Score to 4 with Pro twice

