

# Bollettieri on new rules for 10 and Under Tennis

*A conversation with Coach Nick Bollettieri*


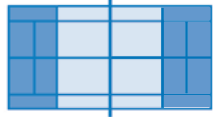

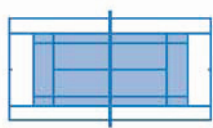
We sat down with one of the most influential people in the world of tennis—Nick Bollettieri, a legend who has transcended the sport. Nick’s coaching methods have helped produce 10 No. 1 players. We wanted his take on the 10 and Under Tennis rule change and the QuickStart Tennis play format.

## A WHOLE NEW BALL GAME

After seeing results, I’ve changed my initial opinion of the rule change and the QuickStart Tennis play format. Because in the beginning, you’ve got to make sure kids make contact with the ball; if they aren’t making contact at age 6 or 7, they’re not coming back. 10 and Under Tennis using the QuickStart Tennis play format gives kids a chance to play the first time out, and keeps them coming back with techniques that will serve them for the rest of their lives. Some students will get college scholarships, a few players may go on and hopefully become professionals, but it’s the sport as a whole that becomes the big winner.

With this new format, coaches need to adjust their teaching methods a little. The equipment and balls allow the coach to be closer to the student so they are heard and understood as well as able to demonstrate the technique. I’ve always found that a lot of young kids learn quicker with visual input, than by verbal direction alone.

## QUICKSTART TENNIS PLAY FORMAT

STAGE	AGE	BALL	COURT	RACQUET (Depending on the size of the player)
RED	5-8 YEARS	 <p>RED FELT OR FOAM</p> <ul style="list-style-type: none"> <li>Moves slower and bounces lower than the orange ball</li> <li>Great for home/playground</li> </ul>	<p>36'x18'</p> 	Up to 23"
ORANGE	9-10 YEARS	 <p>ORANGE</p> <ul style="list-style-type: none"> <li>Moves slower and bounces lower than the standard yellow ball</li> <li>Great for more advanced players</li> </ul>	<p>60'x21' SINGLES</p>  <p>60'x27' DOUBLES</p>	23"–25"



COACH NICK BOLLETTIERI shares his successes with getting kids to fall in love with tennis.

## RIGHT-SIZED COURTS, RIGHT-SIZED CHALLENGES

We start with the softest balls and the smallest racquet, and once kids begin to get the concept, we’ll graduate them very slowly. But remember, sometimes if you graduate them too quickly, their techniques will break down—then just digress a little bit, get a little closer to them and go back to the softer balls, the smaller racquets; and as soon as they get it, they can go back again. I do this with some of the best students in the world. When I worked with Agassi, I made sure that I fed him 50 forehands so he went away knowing he could hit that spot. Boris Becker, 10, 10, 10, 10, 10, 10—60 serves so at the end of the session he went away on a positive note.

## STAYING ON THE BALL

As a tennis coach, you have to be able to adjust and move around, because staying in one place you don’t see all the things that are happening. This format enables coaches to come up closer to the net and observe a lot more, rather than from the baseline hitting the ball to the student and not seeing what’s going on with their swings, their grip and how they’re reacting to the ball.

## AT FIRST I WAS SKEPTICAL

What am I saying today? “The USTA QuickStart Tennis play format has won me and the entire IMG-Bollettieri staff over.” This format helps develop skills and court awareness in a bold new way. We not only endorse the QuickStart play format, we plan to incorporate it into our curriculum for use with our young players. We expect to see it help produce the No. 1 players of tomorrow.

# A big WIN for kids (and for parents)

How do you make the great game of tennis even better? The new 10 and Under Tennis with its smaller courts, slower balls, and modified equipment allows kids to be successful right away. This gives them more confidence and allows them to cover the entire court with better racquet control, while developing appropriate swing patterns and grips. What are the top pros saying about 10 and Under Tennis?

“When the red and orange balls were first introduced to the tennis world I actually said, ‘What in the world are you doing?’ ... Today the QuickStart Tennis play format has won me and the entire IMG-Bollettieri staff over.”

—NICK BOLLETTIERI

“This rule change will transform tennis. It will increase the number and quality of players in the United States for years to come.”

—DICK GOULD

“When kids have fun and improve at the same time, they are more motivated to stay in the game. Progressing through the stages of the QuickStart Tennis play format allows this to happen.”

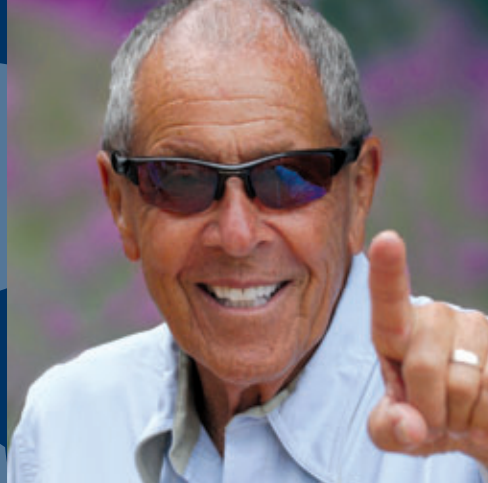
—JOSE HIGUERAS

“We’re not saying there’s a right way or wrong way—we’re saying that the rule change is a better way. With 10 and Under Tennis, it is going to get more kids plugged in better technically.”

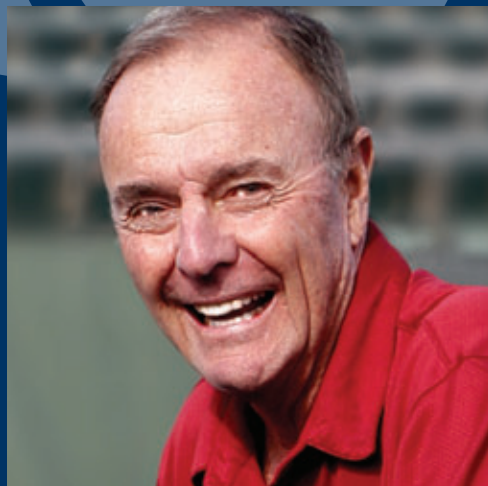
—RICK MACCI

For more information and tips on how to get your kids started on 10 and Under Tennis, go to [10andUnderTennis.com](http://10andUnderTennis.com).

**TEN & UNDERTENNIS**  
It's a whole new ball game



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