On court and in life.





Progress is the goal. Moving through levels faster is not.

Five red levels. The whole game in every phase.

START is the entry route, not a level. Four-year-olds begin in Red 5. Older beginners may start at another red level: the coach chooses what suits their age and development.

Red 5	›	Red 4	›	Red 3	›	Red 2	›	Red 1
Level 1		Level 2		Level 3		Level 4		Level 5
Ball skills: drop and catch		Ball and racket skills		Ball control and playing together		Serving, rallying and scoring		Match play and smart choices

On average, 1–2 seasons per red level — not a deadline. Exercises become harder. Older beginners may progress faster due to height and strength. Orange, Green and Junior Yellow follow when appropriate.

The whole game and personal development

In Red 5 through 1 we develop every stroke: forehand, backhand, volley, serve, return and rally/consistency. The highlights above are not limits: every phase covers the full game and its techniques at a suitable level. We work towards well-rounded tennis players: much more than hitting the ball back. After Red, courts grow through Orange and Green with age, strength and height. **Every red phase also develops personal skills:** cooperation, listening, handling mistakes, sportsmanship and perseverance. Confidence, attention and independence help children learn tennis and handle everyday situations.

Fit · Fun · Focus™ in every lesson

Fit

Movement and ball contact.
Coordination, balance and energy.

Fun

Playing together and having a go.
Enjoyment keeps children learning.

Focus

A suitable learning goal and feedback.
Attention, choices and perseverance.

Foto's / Photos: Robin Scholte — rsphotoart.nl

Progress, together.





‘My child has played for longer…’

Sharing a group does not mean your child is less capable or wrongly placed. Age, experience and progress do not move in step. Every group has differences. The 359 coach adjusts each child’s challenge. We take time over grouping to balance playing together, challenge and enjoyment.

When is the next level right?

Every lesson uses suitable exercises. After each season we regroup by age, tennis experience, availability and progress. The progress card helps assess growth and placement. A higher level is not a reward; it needs to fit. Pressure or too difficult a step can get in the way of enjoyment.

3 questions after the lesson

1. What did you enjoy today?
2. What did you try or learn?
3. What are you proud of — even if it did not work straight away?

Support them. Leave coaching to us.

Do: recognise effort, attitude and sportsmanship. Help your child arrive on time, sometimes watch tennis together on TV and choose suitable activities.
Don’t: compare children, push for the next level or call out technical tips. Ask about enjoyment and learning, not only wins or scores.

Progress lesson: 2× per season

Six exercises, **2 minutes each**: forehand, backhand, volley/smash, serve, return and rally/consistency. The personal progress card records what your child can do. No leaderboard: next time we compare their own progress. **One adult per child** may help under the coach’s guidance; family watches from outside the court. The coach leads the rally and oversees timing and safety.

Learning beyond lessons

Join our **FUN events: Red 5 through 1. Red 2 and 1** can also take part in red-ball match events. Different playing partners and real game situations create new learning opportunities. Register through 359.tennis; use the event link below.

Club tennis: April to October

For Red 2 and 1 we recommend **TV De Kegel membership**, summer league tennis, parent-child tournaments and club championships. Members can play outdoors without a play-count limit, subject to court, booking and club rules: **www.tvdekegel.nl**. League enquiries: **competitie@tvdekegel.nl**. No membership is needed for indoor lessons.

Read more, watch and join in

Parent guide & Kids
Kids · parent guide

Progress lesson
Videos & exercise cards

Events & registration
See all events

Bring sportswear, clean indoor shoes and a water bottle. Free loan racket for Start/Red.
359.tennis · info@359.tennis

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