EDC - Early Development Camps

Orange Ball Early Development Camps

Orange Ball EDC’s will focus on dedicated 7 to 9-year-old tennis players. The goal is to bring the top orange ball players together in a local area for intensive 4-hour orange ball training sessions. Orange ball tennis (including ball, racket and court size) fosters learning in young players that proportionately mimics larger/older players on a full-size court. Ball-bounce height, number of steps to reach a ball, depth of shots and shot patterns all shadow a larger scale platform.

Areas of focus will include:
Camp 1: The Expert Rallyer (Groundstrokes)
Camp 2: The Net Dominator (Transition Game)
Camp 3: The All Court Player (All Court Game)

Green Ball Early Development Camps

Green ball EDC’s will focus on dedicated 8 to 10-year-old tennis players. The goal is to bring the top green ball players together in a local area for intensive 4-hour green ball training sessions.

Areas of focus will include:
Camp 1: Changing from Defense to Offense
Camp 2: Becoming an Offensive Player

Green & Orange Camps will include:

- Athletic skill development
- Technical and tactical tennis skill development
- Competition, including singles & doubles
- Parent information session

Players may be selected through a “combine tryout,” recommendations from coaches, results at orange ball tournaments, etc. The USTA Eastern website will have schedules of EDC tryouts and camps in your area!

For more information, please contact Kristina Demeo, Youth Development Specialist at demeo@eastern.usta.com