



## ABOUT



### WHAT IS HIGHLAND SPRING MINI TENNIS?

Children between three and ten years old can now get stuck into the world of tennis with an exciting programme from the LTA sponsored by Highland Spring.

With smaller courts, nets and rackets and lower bouncing balls, Highland Spring Mini Tennis offers the perfect introduction to the sport, with all the fun and energy of the real thing.

There are four stages of Highland Spring Mini Tennis; Tots, Red, Orange and Green, each with their own court size and type of ball. This tailored approach enables players to develop vital skills and techniques at an early age.

There is also the Highland Spring Mini Tennis Rally Awards scheme, designed to help mini players learn in stages and take part in exciting exercises with regular rewards which encourage them to develop their tennis skills at a pace that suits them.

Many sports have a mini version including, football, rugby and cricket which are helping to develop young talent in appropriate learning environments.

The LTA [Fair Play values](#) have been created with the help of tennis people and are a reminder of how everyone should behave when on court, watching a match or coaching players. To help mini tennis players understand the values read and follow the [Mini Tennis Fair Play pledge](#).

Get set for the mini game with the big attitude!

### FIND OUT MORE...



Find out more about Highland Spring Mini Tennis by watching this promotional video.

### GET COMPETING

Are you a Mini Tennis pro? Find out more about how to get a Mini Tennis rating and guidance on how you can get involved in Mini Tennis Competition.

[FIND OUT MORE](#)