In 2010, the US Tennis Association developed this method that allows children to learn to play tennis much faster than traditional tennis by using a shorter court, a lower net, and a slower ball for the game.

Slightly different rules:
- Simpler scoring system
- Only ground strokes
- No volleys

There are different ball colors, we use the red Stage 1 foam balls and the red Stage 2 felt balls.

Short Court Tennis is especially beneficial for beginners, ages 4-8, because they can comfortably control their racquet and produce better ground strokes.

Learning tennis is often frustrating for younger children because the scale of a regular court can be overwhelming. Short Court will give them basic stroke skills and confidence in connecting with the ball, that transitions smoothly to a full-size court.

The sport was an instant success because children enjoyed the ease of the game.

Register online at bu.edu/fitrec

New at FitRec this Spring semester!