

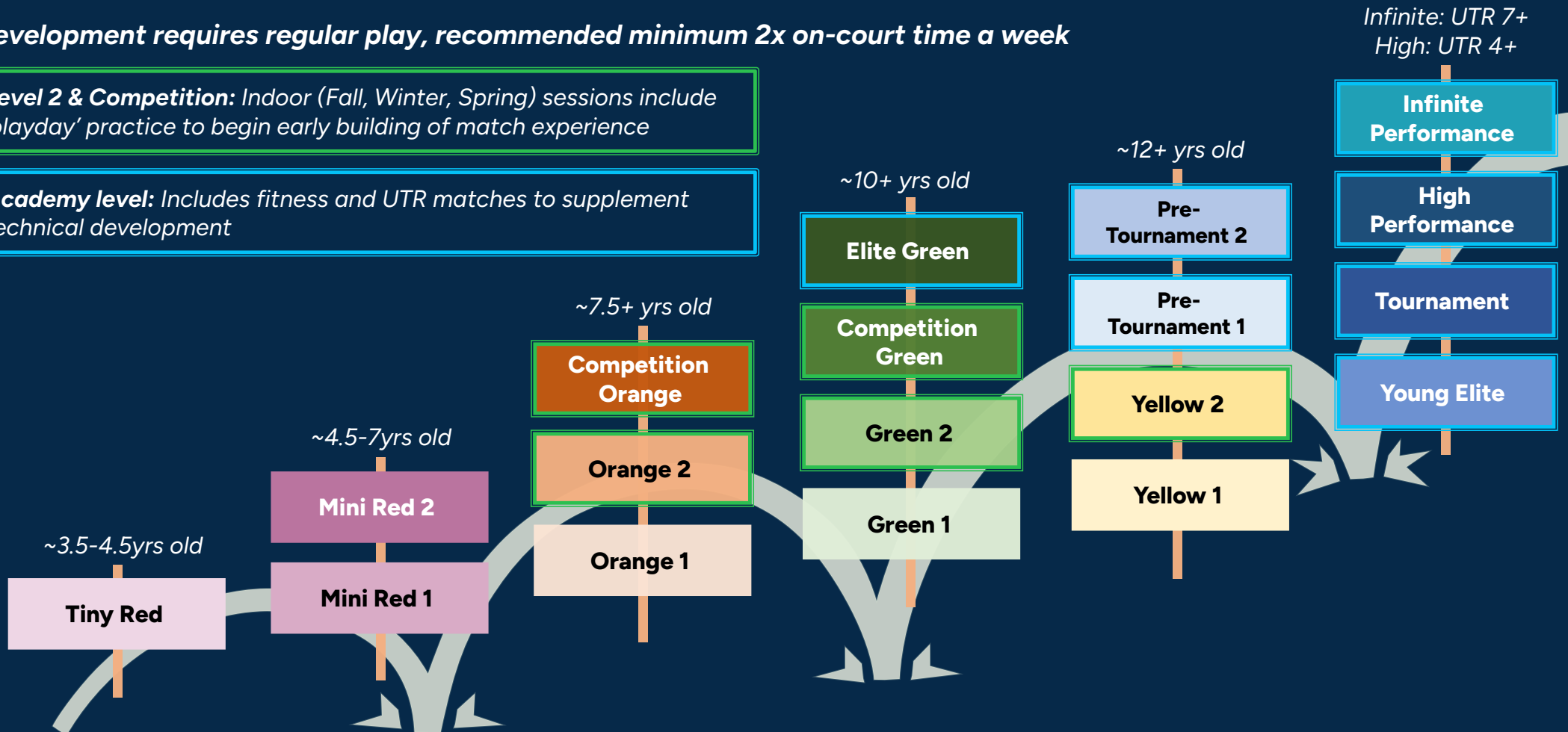
IFT Junior Program Group levels and development journey

Each player has a different progression path and will progress at different speeds and to different levels; progress may be to new ball colors at different levels (i.e. Orange 2 to Green 1) or moves within the same ball color (i.e. Orange 1 to Orange 2)

Development requires regular play, recommended minimum 2x on-court time a week

Level 2 & Competition: Indoor (Fall, Winter, Spring) sessions include 'playday' practice to begin early building of match experience

Academy level: Includes fitness and UTR matches to supplement technical development



Progression by **age** and **physical ability** to play with new ball colors, **technical development**, **match/point play** skill, and student's **displayed commitment to improving their game**