## **ALTA TAS** Adult Progression Recreation **ALTA** Recreation **USTA ALTA USTA** Recreation **ADULT ELITE ALTA** Goal **USTA** Recreation **ADULT ADVANCED ELITE INSTRUCTION USTA ADULT** Strategies **INTERMEDIATE** Styles of play **ADVANCED** • Dependable shots **INSTRUCTION ADULT START** under pressure **Program** Variety of shots, Scenario based drills **INTERMEDIATE** spins, pace, tactics **Doubles tactics INSTRUCTION** Fast paced Hitting Patterns • Highly competitive Anticipation **BEGINNING** Consistency • Court position **INSTRUCTION** Variety Communication Court coverage Fundamentals Assertive net play **Emphasis** Strokes Hitting on balance **Footwork Shot selection USTA 4.5 & Up** Offense/defense **USTA 4.0-4.5 USTA 3.0-3.5 NTRP Rating USTA 2.0-2.5**