

## Competencies

### Launch Pad – Fundamental and perceptual motor skills (FPMS)

Player:		Coach:	
Club:		Date:	
All about Launch Pad			
Typical age:	3-5 years	Court size:	variable
Racquet size:	19-21 inch	Ball:	foam ball, large soft balls, balloons, red ball
Competencies			
Progress report key:			
1 = working on it      2 = making progress      3 = consistently performs this task/activity competently			
Essential FPMS	Application to tennis	Description	Progress report
<b>Movement</b>	Movement around court	<ul style="list-style-type: none"> <li>• move sideways and forwards • walk backwards looking over shoulder</li> <li>• jump over line and small obstacles and land with balance</li> </ul>	1 2 3
<b>Catch after the bounce</b>	Ground strokes	<ul style="list-style-type: none"> <li>• move a short distance to the ball and catch it after bounce on either side of body</li> <li>• catch ball with one or two hands, in a cone or bucket, block ball with a racquet</li> </ul>	1 2 3
<b>Under arm throw</b>	Forehand/ Backhand	<ul style="list-style-type: none"> <li>• put the ball in play using an under arm throw</li> <li>• throw ball with both left and right hands</li> <li>• throw ball with varying depth and to different locations on court</li> </ul>	1 2 3
<b>Double-hand throw</b>	Forehand/ Backhand	<ul style="list-style-type: none"> <li>• put a large ball in play using a double hand side-arm throw</li> <li>• throw a large ball off right and left sides using two hands</li> <li>• throw a large ball with varying depth and to different locations on court</li> </ul>	1 2 3
<b>Over arm throw</b>	Serve/ Smash	<ul style="list-style-type: none"> <li>• put the ball in play using an over arm throw</li> <li>• throw ball with varying depth and to different locations on court</li> </ul>	1 2 3
<b>One-handed strike</b>	Forehand	<ul style="list-style-type: none"> <li>• roll the ball along the ground to different locations on court using hand or racquet</li> <li>• strike a ball using one-hand off a cone into different locations on court</li> <li>• self rally with a bounce and hit in designated area</li> <li>• control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball with both sides of the racquet and on both sides of the body</li> </ul>	1 2 3
<b>Double handed strike</b>	Backhand	<ul style="list-style-type: none"> <li>• roll the ball along the ground using a racquet to different locations on court</li> <li>• strike a ball using two-hands off a cone into different locations on court</li> </ul>	1 2 3
<b>During game play can:</b>		<ul style="list-style-type: none"> <li>• throw or strike a ball cooperatively to a partner who catches ball in bucket, cone or in one or two hands</li> <li>• control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball on both sides of the body using either hand or racquet</li> </ul>	1 2 3
<b>Score</b>		<ul style="list-style-type: none"> <li>• count the number of times a task is performed and number of shots in a rally</li> <li>• demonstrate an over arm and under arm throw (serve) and a one (forehand) and two handed (backhand) strike • differentiate between the first and second bounce</li> </ul>	1 2 3
<b>Be a good sport</b>		<ul style="list-style-type: none"> <li>• follow simple instructions</li> <li>• cooperate with others and take turns</li> </ul>	1 2 3
<b>Love the game</b>		<ul style="list-style-type: none"> <li>• players are actively involved, having fun and motivated to participate in all activities</li> <li>• practice skills with family or friends outside lesson times</li> </ul>	1 2 3