Player:		Coach:	
Club:		Date:	

All about Green Tennis			
Typical age:	9 -12 years	Court size:	Full court
Racquet size:	25–27 inch	Ball:	75% compression orange ball

Competencies
Progress report key:
1 = working on it   2 = making progress   3 = consistently performs this task/activity competently

Skill		Description	Progress
Serve		• serve with a coordinated, balanced, rhythmical and continuous service action • place the serve in different locations in the service box (i.e., wide, body and T) • differentiate speed and spin (i.e., flat or slice) on first and second serves	1 2 3
Rally	Move ment	• react quickly and adapt footwork/movement patterns, i.e. forwards, backwards, sideways • move quickly in different directions and stop with balance during competitive rally activities	1 2 3
	Ground strokes (incl. return of serve)	• modify stance and court positioning for first and second serves • begin to modify the speed and direction of serve return • return the ball from first and second serves in a down-the-line, crosscourt or down the middle direction of the court during a competitive activity • rally with varying height over the net, depth, speed and spin • perform topspin on both forehand and backhand during a competitive rally • increase rally tempo by attacking balls inside the baseline at various heights on the forehand and backhand • use slice on the backhand groundstroke during a competitive rally situation • move opponent by changing the direction and speed of the ball during competitive rally • use a lob or passing shot • use a drop shot • develop defensive skills such as at end range	1 2 3
	Volley	• approaches the net at the appropriate time during a rally (i.e., off a short ball) • volley the ball away from opponent after moving forward and performing a split-step during a competitive rally situation • hit a drive volley and overhead to different locations • hit first volley, second volley combinations (doubles)	1 2 3
	Play	• commence rally with serve • maintain coordinated stroke production during rally • move greater distances with increased speed and dynamic balance during competitive rally • achieve more fundamental tactical outcomes (e.g., maintain consistency during competitive rally, limit directional change) • anticipate opponent's shots from their court position • observe opponent's strengths and weaknesses and begin to exploit weaknesses	1 2 3
Score		• keep score in game, set and match • understand game rules for non-umpired matches • understand basic positioning and tactics in doubles	1 2 3
Be a good sport		• play honestly/fairly • show good sportsmanship • display independence (e.g., organise own equipment for matches and practice) • show respect for officials and opponents • manage emotions in a competitive situation • carry own equipment to and from lessons, practice, tournaments and competitions	1 2 3
Love the game		• play at least once a week with family or friends outside lesson times • participate in regular local competition • work on improving a skill and trying to perform it better • understand how to access local competitions and tournaments • identify their own game style and strengths and weaknesses • assess an opponent's strengths and weaknesses • implement a basic game plan • problem solve during match • show consistent routines on court between points and at change-overs and before and after matches • begin to review match performance	1 2 3