

Competencies

Red Stage - Level 1

Player:		Coach:	
Club:		Date:	
All about Red Tennis			
Typical age:	5-8 years	Court size:	3m x 8.23m
Racquet size:	21inch	Ball:	25% compression red ball
Competencies			
<i>Progress report key:</i>			
<i>1 = working on it 2 = making progress 3 = consistently performs this task/activity competently</i>			
Skill	Description		Progress
Serve	<ul style="list-style-type: none"> over arm throw to various locations on the court 		1 2 3
Rally	Move ment	<ul style="list-style-type: none"> maintain balance while moving sideways (i.e., side step, cross-over step) and forwards jump side-to-side and back and forward with balance move quickly in different directions and be able to stop with balance 	1 2 3
	Ground strokes	<ul style="list-style-type: none"> catch various size balls thrown over net after one or two bounces using a bucket, cone or one or two hands throw balls of various sizes (using an action representing forehand and backhand) drop and hit forehand to different locations hit a backhand when ball dropped on backhand side 	1 2 3
	Volley	<ul style="list-style-type: none"> volley the ball to different locations using a simple forehand and backhand action 	1 2 3
	Play	<ul style="list-style-type: none"> commence rally by throwing balls of various sizes (using an action representing groundstrokes) to a partner who catches the ball after one or two bounces and throws back commence rally with a drop and hit forehand to a partner who catches ball in a bucket, cone or in one or two hands after one or two bounces commence rally by dropping and hitting a forehand to partner who catches ball on one or two bounces and throws ball back into play with an under arm for the rally to continue (i.e., one player with racquet and one player throwing) 	1 2 3
Score	<ul style="list-style-type: none"> state when ball is in or out of court count the number of hits in cooperative rally demonstrate where to stand when serving (e.g., over arm throw, under arm throw or drop and hit) and returning 		1 2 3
Be a good sport	<ul style="list-style-type: none"> cooperate with others follow simple instructions and apply basic feedback 		1 2 3
Love the game	<ul style="list-style-type: none"> participate and enjoy cooperative activities appropriate to age and stage of development play at least once a week with family or friends outside lesson times 		1 2 3

Competencies

Red Stage - Level 2

Player:		Coach:	
Club:		Date:	
All about Red Tennis			
Typical age:	5-8 years	Court size:	3m x 8.23m or 6m x 10.97m
Racquet size:	21-23 inch	Ball:	25% compression red ball
Competencies			
<i>Progress report key:</i>			
<i>1 = working on it 2 = making progress 3 = consistently performs this task/activity competently</i>			
Skill	Description		Progress
Serve	<ul style="list-style-type: none"> cooperatively serve the ball over a net with a racquet in a crosscourt direction to a partner 		1 2 3
Rally	Move ment	<ul style="list-style-type: none"> maintain balance while moving sideways (i.e., side step, cross-over step) and forwards jump side-to-side and back and forward with balance move quickly in different directions and be able to stop with balance during cooperative activities with a partner 	1 2 3
	Ground strokes	<ul style="list-style-type: none"> perform a forehand from a self-drop and hit to a partner in a crosscourt and down the line direction move a short distance (forwards, backwards, sideways) to receive the ball (either catching a ball in a bucket, cone or with two hands) and cooperatively return the ball back to a partner. cooperatively hit a forehand and backhand in a crosscourt and down the line direction back to partner; partner feeds ball with a serve or a drop and hit 	1 2 3
	Volley	<ul style="list-style-type: none"> volley the ball using a simple forehand and backhand action with correct footwork from a ready position begin to use a split step prior to volleying the ball 	1 2 3
	Play	<ul style="list-style-type: none"> commence a cooperative rally with a drop and hit forehand and/or serve and rally to a partner who attempts to rally the ball back using a forehand or backhand count number of balls in rally and try to improve score with each new rally 	1 2 3
Score	<ul style="list-style-type: none"> demonstrate where to stand when serving (e.g., over arm throw, under arm throw, drop and hit forehand or serve with a racquet) and when returning keep the score using a simple scoring system (e.g., first to four points, best of three points) 		1 2 3
Be a good sport	<ul style="list-style-type: none"> cooperate with others shake hands with opponent at end of match follow simple instructions and apply basic feedback 		1 2 3
Love the game	<ul style="list-style-type: none"> participate and enjoy cooperative activities appropriate to age and stage of development play at least once a week with family or friends outside lesson times 		1 2 3

Competencies

Red Stage - Level 3

Player:		Coach:	
Club:		Date:	
All about Red Tennis			
Typical age:	5-8 years	Court size:	6m x 10.97m
Racquet size:	21-23 inch	Ball:	25% compression red ball
Competencies			
<i>Progress report key:</i> 1 = working on it 2 = making progress 3 = consistently performs this task/activity competently			
Skill	Description	Progress	
Serve	<ul style="list-style-type: none"> serve ball over a net with a racquet in a crosscourt direction to the forehand and backhand side of a partner in a competitive activity serve ball to land in "deuce" and "ad" service box 	1 2 3	
Rally	Move ment	<ul style="list-style-type: none"> maintain balance while moving sideways (i.e., side step), forwards and backwards jump side-to-side and back and forward with greater control and balance move more quickly in different directions and be able to stop with balance during competitive rally activities 	1 2 3
	Ground strokes	<ul style="list-style-type: none"> return a partner-fed ball using a forehand or backhand in a down-the-line or crosscourt direction during cooperative and competitive activities move efficiently (forwards, backwards, sideways) to receive the ball during cooperative and competitive activities 	1 2 3
	Volley	<ul style="list-style-type: none"> volley the ball using a simple forehand and backhand action, with correct footwork from a ready position in a crosscourt and down-the-line direction move toward the net, followed by a split-step prior to volleying the ball move toward the net following a self-drop and hit feed to the forehand and backhand side of a partner who returns the ball for the player to volley back to partner (cooperatively and competitively) 	1 2 3
	Play	<ul style="list-style-type: none"> commence a competitive rally with a drop and hit forehand and/or serve into a different service box to the forehand and backhand side of a partner alternate serving from "deuce" and "ad" side of court score competitively 	1 2 3
Score	<ul style="list-style-type: none"> use tennis scoring (e.g., 15-love) or other scoring systems (e.g., first to five points, best of three points) knows the names of lines and areas of the court demonstrate where to stand when serving (e.g., drop and hit or serving with a racquet) and returning (i.e., alternate serving and return positions after each point) understand when the serve is a fault and a let learn where to stand in doubles 	1 2 3	
Be a good sport	<ul style="list-style-type: none"> compete with others in a fair, friendly and enjoyable manner demonstrate tennis etiquette, such as shaking hands at end of match follow a greater number of instructions and apply basic feedback 	1 2 3	
Love the game	<ul style="list-style-type: none"> show enthusiasm and a genuine interest in improving skills play at least once a week with family or friends outside lesson times participate and enjoy competitive activities appropriate to age and stage of development practice skills with parents and friends outside lesson times know the names of top Australian, international tennis players and Grand Slam tournaments 	1 2 3	