## Competencies

### Orange Stage – Level 1

<table>
<thead>
<tr>
<th>Player:</th>
<th>Coach:</th>
</tr>
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<tbody>
<tr>
<td>Club:</td>
<td>Date:</td>
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### All about Orange Tennis

- **Typical age:** 8-10 years
- **Court size:** 6.5m x 18m
- **Racquet size:** 23-25 inch
- **Ball:** 50% 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 into different areas of the service box  
• understand the difference between a first and second serve | 1 2 3
Move | • maintain balance while moving sideways (i.e., side step), forwards and backwards  
• move quickly in different directions (e.g., diagonally to ball) and be able to stop with balance during competitive rally activities | 1 2 3
Ground Strokes | • return a serve down-the-line, crosscourt or down the middle of the court  
• use topspin on both forehand and backhand during a cooperative or competitive rally  
• hit the ball to various locations on the court  
• hit the ball with different speeds | 1 2 3
Rally | • volley ball using a forehand and backhand action, with correct footwork (from a stationary ready position) to various locations on the court  
• volley ball after moving forward and performing a split-step – dynamic position) to various locations on the court during a competitive rally | 1 2 3
Volley | • commence rally with serve; players have option to drop and hit second serve  
• move greater distances with increased speed and dynamic balance (forwards, backwards, sideways) during competitive rally  
• achieve some fundamental tactical outcomes (e.g., maintain consistency during competitive rally)  
• move the opponent around the court | 1 2 3
Play | • keep score (game, set)  
• understand the main rules of the game (e.g. choice of ends and service, change of ends, ball touches a line, order of service, foot fault, service fault, let) | 1 2 3
Score | • understand the concept of fair play  
• call lines and score clearly and honestly  
• show respect for opponents and officials  
• begin to manage difficult emotions during competition | 1 2 3
Be a good sport | • name the four Grand Slam events  
• play at least once a week with family or friends outside lesson times  
• can practise independently with a defined objective  
• consistently give best mental and physical effort  
• enjoy competition in a variety of formats (e.g. Hot Shots competitions)  
• understand some tactical fundamentals (i.e., consistent percentages, court zones)  
• understand own ability level and work to become a better player | 1 2 3
Love the game
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| **Serve**           | • serve with a coordinated, balanced, rhythmic and continuous service action into different areas of the service box  
• differentiate speed between first and second serves - offensive serve on first serve and neutral serve on second serve  
• place the serve in different locations - wide, body and T  
• serve a flat serve or with spin | 1 2 3    |
| **Move**            | • maintain balance while moving sideways (i.e., side step, cross-over step), forwards and backwards  
• use a sidestep to recover  
• run or sprint to ball  
• move into position for an overhead  
• move quickly in different directions and be able to stop with balance during competitive rally activities | 1 2 3    |
| **Rally**           | • return the ball from offensive and neutral serves in a down-the-line, crosscourt or down the middle direction of the court during a competitive rally  
• show increased ability to modify the speed and direction of serve return  
• perform topspin on both forehand and backhand during a competitive rally  
• use slice on the backhand  
• hit the ball to various locations on the court  
• consistently rally crosscourt  
• hit the ball with different speeds  
• move opponent by changing the direction and speed of the ball during competitive rally activity  
• use a drop shot  
• use a lob or passing shot  
• defend at end range | 1 2 3    |
| **Volley**          | • approach 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  
• able to hit an overhead from a stationary position  
• hit drive volley | 1 2 3    |
| **Play**            | • commence rally with serve  
• achieve more fundamental tactical outcomes  
• be aware of opponent’s position on court and begin to anticipate flight and direction of ball  
• move opponent to win point  
• hit to opponent’s weakness  
• hit wrong-footing shots | 1 2 3    |
| **Score**           | • understand the main rules of the game (e.g. scoring, calling lines, order of receiving in doubles, hindrance) | 1 2 3    |
| **Be a good sport** | • consistently give best effort whatever the match score or situation  
• react constructively after losing a point  
• show respect for opponents and officials  
• show strong positive body language during matches  
• call lines and score clearly/honestly | 1 2 3    |
| **Love the game**   | • play at least once a week with family or friends outside lesson times  
• participate in club and association competitions on a regular basis  
• practise independently with a defined objective  
• name the ITF men’s and women’s national team competitions (i.e., Davis and Fed Cup)  
• understand how to access local club and association competitions and local tournaments  
• understand personal strengths and identify areas of improvement  
• reflect on own match performance regardless of match outcome  
• show consistent routines between points, between change-overs and before matches | 1 2 3    |