

Competencies

Orange Stage – Level 1

Player:		Coach:	
Club:		Date:	
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	<ul style="list-style-type: none"> 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	
Rally	Move ment	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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
	Volley	<ul style="list-style-type: none"> 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
	Play	<ul style="list-style-type: none"> 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
Score	<ul style="list-style-type: none"> 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	
Be a good sport	<ul style="list-style-type: none"> 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	
Love the game	<ul style="list-style-type: none"> 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	

Competencies

Orange Stage – Level 2

Player:		Coach:		
Club:		Date:		
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	<ul style="list-style-type: none"> serve with a coordinated, balanced, rhythmical 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		
Rally	Move ment	<ul style="list-style-type: none"> 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	
	Ground strokes (incl. return of serve)	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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		