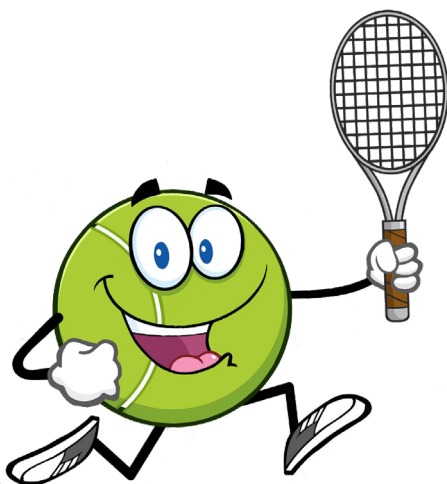




COMPETENCIES RED LEVEL

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



RALLY

Movement

- 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



Volley

- begin to use a split step prior to volleying the ball
- can successfully hit a volley over the net with whatever grip



Play

- maintain a rally of 5 shots!



Bonus points if you can start the point with a serve cross court!

Ground Strokes

- 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.
- 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



Forehand

- eastern or semi western grip (frying pan)
- a good ready position
- able to aim and hit a target!



Backhand

- continental grip and semi or eastern grip for the top
- photo finish (over the shoulder touch your back)



SERVE

- serve the ball over a net with a racquet in a crosscourt direction to a partner
- over arm throw to various locations on the court
- able to aim and hit a target!



SCORE

- 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)



BE A GOOD SPORT

- cooperate with others
- shake hands with opponent at end of match
- follow simple instructions and apply basic feedback
- respect the coach and follow instructions



LOVE THE GAME

- participate and enjoy cooperative activities appropriate to age and stage of development
- play at least twice a week either in lessons or with family/Friends



10 boxes to tick. Require 8 out of 10 to advance to the next class with 'be a good sport' ticked off

