

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>			
<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"> 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