

Competencies Green Stage



| Player: | | Coach: | |
|---|--|-------------|-----------------------|
| Club: | | Date: | |
| All about Green Tennis | | | |
| Typical age: | 9 -12 years | Court size: | Full court |
| Racquet size: | 25–27 inch | Ball: | 75% compression green |
| 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 with a coordinated, balanced, rhythmical and continuous service action place the serve in different locations in the service box (i.e., wide, body and T) differentiate speed and spin (i.e., flat or slice) on first and second serves | 1 | 2 3 |
| Rally | Movement <ul style="list-style-type: none"> react quickly and adapt footwork/movement patterns, i.e. forwards, backwards, sideways move quickly in different directions and stop with balance during competitive rally activities | 1 | 2 3 |
| | Ground strokes (incl. return of serve) <ul style="list-style-type: none"> modify stance and court positioning for first and second serves begin to modify the speed and direction of serve return return the ball from first and second serves in a down-the-line, crosscourt or down the middle direction of the court during a competitive activity rally with varying height over the net, depth, speed and spin perform topspin on both forehand and backhand during a competitive rally increase rally tempo by attacking balls inside the baseline at various heights on the forehand and backhand use slice on the backhand groundstroke during a competitive rally situation move opponent by changing the direction and speed of the ball during competitive rally use a lob or passing shot use a drop shot develop defensive skills such as at end range | 1 | 2 3 |
| | Volley <ul style="list-style-type: none"> approaches 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 hit a drive volley and overhead to different locations hit first volley, second volley combinations (doubles) | 1 | 2 3 |
| | Play <ul style="list-style-type: none"> commence rally with serve maintain coordinated stroke production during rally move greater distances with increased speed and dynamic balance during competitive rally achieve more fundamental tactical outcomes (e.g., maintain consistency during competitive rally, limit directional change) anticipate opponent's shots from their court position observe opponent's strengths and weaknesses and begin to exploit weaknesses | 1 | 2 3 |
| Score | <ul style="list-style-type: none"> keep score in game, set and match understand game rules for non-umpired matches understand basic positioning and tactics in doubles | 1 | 2 3 |
| Be good sport | <ul style="list-style-type: none"> play honestly/fairly show good sportsmanship display independence (e.g., organise own equipment for matches and practice) show respect for officials and opponents manage emotions in a competitive situation carry own equipment to and from lessons, practice, tournaments and competitions | 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 regular local competition work on improving a skill and trying to perform it better understand how to access local competitions and tournaments identify their own game style and strengths and weaknesses assess an opponent's strengths and weaknesses implement a basic game plan problem solve during match show consistent routines on court between points and at change-overs and before and after matches begin to review match performance | 1 | 2 3 |