

**Competencies**  
**Orange Stage**  
**Level 2**



Player:		Coach:	
Club:		Date:	
<b>All about Orange Tennis</b>			
Typical age:	8-10 years	Court size:	6.4m x 18.29m
Racquet size:	23–25 inch	Ball:	50% compression orange ball
<b>Competencies</b>			
<b>Progress report key:</b>			
1 = working on it      2 = making progress      3 = consistently performs this task/activity competently			
Skill	Description	Progress	
<b>Serve</b>	<ul style="list-style-type: none"> <li>serve with a coordinated, balanced, rhythmical and continuous service action into different areas of the service box</li> <li>differentiate speed between first and second serves - offensive serve on first serve and neutral serve on second serve</li> <li>place the serve in different locations - wide, body and T</li> <li>serve a flat serve or with spin</li> </ul>	1	2 3
<b>Rally</b>	<b>Move ment</b> <ul style="list-style-type: none"> <li>maintain balance while moving sideways (i.e., side step, cross-over step), forwards and backwards</li> <li>use a sidestep to recover</li> <li>run or sprint to ball</li> <li>move into position for an overhead</li> <li>move quickly in different directions and be able to stop with balance during competitive rally activities</li> </ul>	1	2 3
	<b>Ground strokes (incl. return of serve)</b> <ul style="list-style-type: none"> <li>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</li> <li>show increased ability to modify the speed and direction of serve return</li> <li>perform topspin on both forehand and backhand during a competitive rally</li> <li>use slice on the backhand</li> <li>hit the ball to various locations on the court</li> <li>consistently rally crosscourt</li> <li>hit the ball with different speeds</li> <li>move opponent by changing the direction and speed of the ball during competitive rally activity</li> <li>use a drop shot</li> <li>use a lob or passing shot</li> <li>defend at end range</li> </ul>	1	2 3
	<b>Volley</b> <ul style="list-style-type: none"> <li>approach the net at the appropriate time during a rally (i.e., off a short ball)</li> <li>volley the ball away from opponent after moving forward and performing a split-step during a competitive rally situation</li> <li>able to hit an overhead from a stationary position</li> <li>hit drive volley</li> </ul>	1	2 3
	<b>Play</b> <ul style="list-style-type: none"> <li>commence rally with serve</li> <li>achieve more fundamental tactical outcomes</li> <li>be aware of opponent's position on court and begin to anticipate flight and direction of ball.</li> <li>move opponent to win point</li> <li>hit to opponent's weakness</li> <li>hit wrong-footing shots</li> </ul>	1	2 3
<b>Score</b>	<ul style="list-style-type: none"> <li>understand the main rules of the game (e.g. scoring, calling lines, order of receiving in doubles, hindrance)</li> </ul>	1	2 3
<b>Be a good sport</b>	<ul style="list-style-type: none"> <li>consistently give best effort whatever the match score or situation</li> <li>react constructively after losing a point</li> <li>show respect for opponents and officials</li> <li>show strong positive body language during matches</li> <li>call lines and score clearly/honestly</li> </ul>	1	2 3
<b>Love the game</b>	<ul style="list-style-type: none"> <li>play at least once a week with family or friends outside lesson times</li> <li>participate in club and association competitions on a regular basis</li> <li>practise independently with a defined objective</li> <li>name the ITF men's and women's national team competitions (i.e., Davis and Fed Cup)</li> <li>understand how to access local club and association competitions and local tournaments</li> <li>understand personal strengths and identify areas of improvement</li> <li>reflect on own match performance regardless of match outcome</li> <li>show consistent routines between points, between change-overs and before matches</li> </ul>	1	2 3