

Competencies Launch Pad – Fundamental and perceptual motor skills (FPMS)



Player:		Coach:	
Club:		Date:	
All about Launch Pad			
Typical age:	3-5 years	Court size:	variable
Racquet size:	19-21 inch	Ball:	foam ball, large soft balls, balloons, red ball
Competencies			
<i>Progress report key:</i>			
<i>1 = working on it 2 = making progress 3 = consistently performs this task/activity competently</i>			
Essential FPMS	Application to tennis	Description	Progress report
Movement	Movement around court	<ul style="list-style-type: none"> • move sideways and forwards • walk backwards looking over shoulder • jump over line and small obstacles and land with balance 	1 2 3
Catch after the bounce	Ground strokes	<ul style="list-style-type: none"> • move a short distance to the ball and catch it after bounce on either side of body • catch ball with one or two hands, in a cone or bucket, block ball with a racquet 	1 2 3
Under arm throw	Forehand/ Backhand	<ul style="list-style-type: none"> • put the ball in play using an under arm throw • throw ball with both left and right hands • throw ball with varying depth and to different locations on court 	1 2 3
Double-hand throw	Forehand/ Backhand	<ul style="list-style-type: none"> • put a large ball in play using a double hand side-arm throw • throw a large ball off right and left sides using two hands • throw a large ball with varying depth and to different locations on court 	1 2 3
Over arm throw	Serve/ Smash	<ul style="list-style-type: none"> • put the ball in play using an over arm throw • throw ball with varying depth and to different locations on court 	1 2 3
One-handed strike	Forehand	<ul style="list-style-type: none"> • roll the ball along the ground to different locations on court using hand or racquet • strike a ball using one-hand off a cone into different locations on court • self rally with a bounce and hit in designated area • control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball with both sides of the racquet and on both sides of the body 	1 2 3
Double handed strike	Backhand	<ul style="list-style-type: none"> • roll the ball along the ground using a racquet to different locations on court • strike a ball using two-hands off a cone into different locations on court 	1 2 3
During game play can:		<ul style="list-style-type: none"> • throw or strike a ball cooperatively to a partner who catches ball in bucket, cone or in one or two hands • control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball on both sides of the body using either hand or racquet 	1 2 3
Score		<ul style="list-style-type: none"> • count the number of times a task is performed and number of shots in a rally • demonstrate an over arm and under arm throw (serve) and a one (forehand) and two handed (backhand) strike • differentiate between the first and second bounce 	1 2 3
Be a good sport		<ul style="list-style-type: none"> • follow simple instructions • cooperate with others and take turns 	1 2 3
Love the game		<ul style="list-style-type: none"> • players are actively involved, having fun and motivated to participate in all activities • practice skills with family or friends outside lesson times 	1 2 3