

Kiwi Tennis Competencies

Blue Stage – Fundamental and perceptual motor skills (FPMS)



All About Blue Stage					
Typical age:	3-5 years			Court Size:	Variable
Racquet size:	19-21 inch			Ball:	foam ball, large soft balls, balloons, red ball
Competencies progress report key: 1 = working on it 2 = making progress 3 = consistently performs this task / activity competently					
Essential FPMS	Application to tennis	Description	Technical focus	Tactical focus	Progress report
Move	Movement around court	<ul style="list-style-type: none"> • Move sideways left and right to the ball • Move forwards and backwards to the ball 	<ul style="list-style-type: none"> • maintain balance *Be Ready (Ready Position) 	<ul style="list-style-type: none"> • consistently move with balance 	1 2 3
Catch	Ground strokes	<ul style="list-style-type: none"> • move a short distance to the ball and catch it after the bounce on either side of the body • catch ball with one or two hands, catch in a cone or bucket, block ball with a racquet 	<ul style="list-style-type: none"> • Position the bucket, cone or hand to the front and side of the body 	<ul style="list-style-type: none"> • consistently catch ball 	1 2 3
Throw	Serve/Smash	<ul style="list-style-type: none"> • put the ball in play using an underarm throw *Put the ball in play using an overarm throw • 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 	<ul style="list-style-type: none"> • L shape for overarm *U Shape for underarm • side on position 	<ul style="list-style-type: none"> • consistently throw from different court positions 	1 2 3
Strike	Forehand/ Backhand	<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 over the Net *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 *Strike a ball using two-hands off a cone into different locations on court 	<ul style="list-style-type: none"> *Contact in front and side of the body with one or two hands *Dominant Hand at bottom of the racket 	<ul style="list-style-type: none"> • striking/rolling the ball using correct side of body 	1 2 3