

All about Gold 1 & 2 Tennis					
Typical age:	10+	Court Size:	Full Court		
Racquet size:	27 Inch	Ball:	Full Compression		
Competencies progress report key: 1 = working on it 2 = making progress 3 = consistently performs this task / activity competently					
Skill	Description	Technical focus	Tactical focus	Progress report	
Serve	<ul style="list-style-type: none"> serve with a rhythmic and coordinated service action into the Deuce and Advantage Service Boxes demonstrate a variety of serves in different locations in the service box (i.e. slice/kick/flat & wide, body and T) demonstrate a consistent and solid second serve under pressure using slice or kick 	<ul style="list-style-type: none"> use continental grip confidently demonstrating understanding of pronation (palm down) and supination (palm up) Fully cemented nike tick with ability to accelerate racket head up to contact ball toss allows contact to be full extension *Achieves a full Follow-Through (Racket finishing past and behind body) * control weight transfer to land inside the court after the serve and show ability to recover 	<ul style="list-style-type: none"> perform the skill with consistency, accuracy confidently demonstrate a range of tactical responses during competitive rally situations that relate to shot selection and placement (i.e. Serve + 1) show a firm understanding of basic tactical concepts of Tennis 	1 2 3	
Rally	Movement	<ul style="list-style-type: none"> - maintain balance whilst moving in any direction and be able to stop and recover confidently show use of different stances dependent on timing/shot selection (open, neutral and closed) -Demonstrating a confident recovery to the Baseline or Net during the rally in appropriate time frame *Shows an understanding of basic footwork patterns and what they are used for (e.g. Cross-Over/Reverse Cross) 	<ul style="list-style-type: none"> -maintain balance -assume sound base of support -Demonstrate consistent use of a well timed Split-Step -Demonstrate appropriate push off when recovering. 	<ul style="list-style-type: none"> respond and adapt to different ball speeds and spins from the opponent perform the skill with consistency, accuracy with awareness of reacting to space. *Demonstrates the ability to move forward and finish when the opportunity presents itself 	1 2 3
	Groundstrokes (incl. Return of serve)	<ul style="list-style-type: none"> modify stance and court positioning for first and second serves modify the speed and direction of serve return return the ball confidently 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 show use of topspin on both forehand and backhand during a competitive rally Confidently show a variety of skills during a competitive rally situation (Slice, Dropshot, Topspin etc.) move opponent confidently by changing the direction and speed of the ball during competitive rally 	<ul style="list-style-type: none"> * forehand and backhand, appropriate grips and shape to demonstrate variation use a circular swing on both sides to develop confident racquet head speed and adapt contact point as required Use appropriate stance depending on situation complete backswing by the time the ball bounces at the player's end of the court head remains stable, with a low and strong athletic base with focus on contact point *Show ability to transfer weight through the ball during the forward swing 	<ul style="list-style-type: none"> perform the skills with consistency during competitive activities Show the tactical concepts of: defensive, neutral and offensive zones of the court attack the short ball and finishing the point *Changing Gears (adapting speed, spin, and height of your shots) Show the tactical concepts of: safe spots centre the ball height equals depth 	1 2 3

Rally Cont.	Volley	<ul style="list-style-type: none"> • Volley the ball after transitioning forward using an appropriately timed split step • approaches the net at the appropriate time during a rally (i.e. off a short ball) • show appropriate shot selection depending on opponent's court position-hitting away from opponent when possible * Show ability to serve/volley and win the point with volley * Deal with opponents shots in a well timed manner • Awareness of need for appropriate positioning at net (dependent on approach and covering the angles) • Experiment further with varying speed/spin and placement away from opponent 	<ul style="list-style-type: none"> • use continental grip on forehand and backhand volley • assume athletic ready position with non-hitting hand supporting racquet • racquet head above the wrist • contact ball in front and side of body while body leans forward with variation between high, medium and low contacts. • Perform appropriate take back and finish 	<ul style="list-style-type: none"> • perform the skills with consistency an accuracy during competitive activities • confidently shows effective responses during competitive rally situations that relate to shot selection and placement 	1 2 3
	Play	<ul style="list-style-type: none"> • commence rally with confident serve with intention • move greater distances with increased speed and dynamic balance (forwards, backwards, sideways) during competitive rally • Show ability to plan and win points * Shows ability to identify opponents weaknesses and exploit them • confidently anticipate opponent's shots from their court position *Demonstrates Patterns of Play and Tactical Fundamentals they can use on Court 	<ul style="list-style-type: none"> • consistently achieve the above technical aspects for each stroke with effective tactical purpose during a competitive rally situation 	<ul style="list-style-type: none"> • Demonstrates intentions on court (Building, Finishing, Neutralising, Staying in the Point, Turning the Point Around) 	1 2 3
Score	<ul style="list-style-type: none"> • understand and demonstrate correct positioning in doubles and singles • understand rules of the game for non-umpired matches and are able to do Tennis Scoring during a match 				1 2 3
Be a good sport	<ul style="list-style-type: none"> • play honestly and fairly and show teamwork • show good sportsmanship • display independence (e.g. organise own equipment for matches and practice) • manage emotions in a competitive situation (winning/losing) 				1 2 3
Love the game	<ul style="list-style-type: none"> • Play tennis with family or friends outside of class when able (ideally twice weekly) • can practise independently with a focused manner and a defined objective • consistently give best mental and physical effort • enjoy competition in a variety of formats (e.g. Inter-Club, sanctioned tournaments and arranged matches) * Understands own game style and strengths and weaknesses whilst working to improve these • Takes own interest in learning through questioning 				1 2 3