

All about Gold 3 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"> • Complete Serve with a rhythmic and coordinated action.. • Confidently demonstrates a variety of Serves (i.e. slice/kick/flat)and is capable of hitting these to multiple targets in the Deuce and Advantage Boxes • demonstrate a consistent, solid and aggressive second serve under pressure using slice or kick • Strong ability to control spin, speed and placement with conviction 	<ul style="list-style-type: none"> • Total confidence of continental grip and confidence in extreme versions *Variety of Contact Points and Wrist/Racket Positions to achieve different types of Serves • Fully cemented nuke tick with ability to accelerate racket head up to contact •Has a consistent and reliable ball toss that allows a variety of contacts depending on the type of Serve. *Distinguished Follow-Through (Racket finishing past and behind body) *Weight back to forward, leg drive exploding upwards and lands inside the court after the serve *Shows ability to recover for the next ball 	<ul style="list-style-type: none"> • perform the skill with consistency, accuracy, aiming to dominate with the weapon on the first shot. • 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 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) *Gets into the best possible position to receive the incoming ball • Demonstrating a confident and athletic 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) • Fully understands timing and anticipation showing this within their movement patterns 	<ul style="list-style-type: none"> • Maintains balance and has an athletic base • Demonstrates confident use of a well timed Split-Step and use this to improve positioning and movement • Demonstrate athletic push off when moving and recovering to and from the ball 	<ul style="list-style-type: none"> • Responds and adapts to any ball speeds and spins from the opponent • Performs the skill with consistency, accuracy with awareness of reacting to space. *Can apply significant court pressure to the opponent with their movement patterns 	1 2 3

Rally Cont.	Groundstrokes (incl. Return of serve)	<ul style="list-style-type: none"> • Uses a variety of court positions to return first and second serves, and adapts to different types of Servers. • Demonstrates a variety of Returns, with different angles, directions, depths, spins, and speeds. • Rallies confidently with varying height over the net, depth, speed and spin • show confident and aggressive 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 show confident racquet head speed and adapt contact point as required *Efficient Follow Through and adaptable Finish • Use appropriate, athletic 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 confidently transfer weight through the ball during the forward swing 	<ul style="list-style-type: none"> • perform the skills with consistency during competitive activities •Show confidence in 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 confidence in the tactical concepts of: • safe spots • centre the ball • height equals depth 	1 2 3
	Volley	<ul style="list-style-type: none"> • Volley the ball after transitioning forward using a confidently timed split step • Ability to set up and approach the net whenever desired • show confidence in appropriate shot selection depending on opponent's court position-hitting away from opponent and finishing * Show ability to serve/volley and win the point with volley * Deal with opponents shots in a well timed manner • Confidence in appropriate positioning at net (dependent on approach and covering the angles) 	<ul style="list-style-type: none"> • Confidently use continental grip on forehand and backhand volley • Always 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 confident 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 and aggressive intention • move any distance with increased speed and dynamic balance *Demonstrates a variety of Winning Plays/Plans on Court (A, B, C, D). Is able to adjust and adapt these during a match. * Shows ability to identify opponents weaknesses quickly and exploit them • Confidently anticipate opponent's shots from their court position and respond appropriately *Shows confidence in all 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"> • Confidently demonstrates intentions on court (Building, Finishing, Neutralising, Staying in the Point, Turning the Point Around) and can perform these well • Show a strong ability to transition and finish whenever the player chooses 	1 2 3
Score	<ul style="list-style-type: none"> • Confidently demonstrate correct positioning in both doubles and singles • understand rules of the game for non-umpired matches and are able to do Tennis Scoring during a match • Uses hand signals to call ball in/out 			1 2 3	
Be a good sport	<ul style="list-style-type: none"> • play honestly and fairly and show teamwork • show good sportsmanship • display total independence (e.g. organise own equipment for matches and practice • Shows confident control of 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 more than three times per weekly) • can practise independently with a focused manner and a defined objective • 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 and independent research • Takes interest in the ATP/WTA tour 			1 2 3	

