

All about Green & Bronze Tennis					
Typical age:	9+ years	Court Size:	Full Court		
Racquet size:	25 – 27 inch	Ball:	75% compression Green Ball or Standard Yellow Ball		
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	
<b>Serve</b>	<ul style="list-style-type: none"> <li>• serve with a coordinated service action into the Deuce and Advantage Service Boxes</li> <li>• understand the option to place the serve in different locations in the service box (i.e. wide, body and T)</li> <li>• show awareness of speed and spin (i.e. flat or slice) on first and second serves</li> </ul>	<ul style="list-style-type: none"> <li>• use continental grip</li> <li>• begin to develop a ball toss lead (i.e. ball tossing arm leads the racquet arm)</li> <li>• Begin to develop a Nike Tick Position, with knuckles facing upwards</li> <li>• ball toss allows contact to be full extension</li> <li>*Achieves a full Follow-Through (Racket finishing past and behind body)</li> </ul>	<ul style="list-style-type: none"> <li>• perform the skill with consistency, accuracy</li> <li>• explore and create tactical responses during competitive rally situations that relate to shot selection and placement</li> <li>• develop an understanding of basic tactical concepts of Tennis</li> </ul>	1 2 3	
<b>Rally</b>	Movement	<ul style="list-style-type: none"> <li>- maintain balance while moving sideways left and right</li> <li>- Maintain balance while moving forwards and backwards</li> <li>- Move quickly in different directions and be able to stop with balance</li> <li>-Show an understanding of the Split-Step and perform this if need be</li> <li>• show awareness of different stances (open, neutral and closed)</li> <li>-Demonstrating recovery to the Baseline or net during the rally in appropriate time frame</li> </ul>	<ul style="list-style-type: none"> <li>- maintain balance</li> <li>- assume sound base of support</li> <li>- Split step on at least first ball and showing awareness and ability to do this further</li> </ul>	<ul style="list-style-type: none"> <li>• respond and adapt to different ball speeds and spins from the opponent</li> <li>• perform the skill with consistency, accuracy with awareness of reacting to space.</li> </ul>	1 2 3
	Groundstrokes (incl. Return of serve)	<ul style="list-style-type: none"> <li>• modify stance and court positioning for first and second serves</li> <li>• begin to modify the speed and direction of serve return</li> <li>• return the ball from first and second serves in a down-the-line, crosscourt or down-the-middle direction of the court during a competitive activity</li> <li>• rally with varying height over the net, depth, speed and spin</li> <li>• show understanding of need for topspin on both forehand and backhand during a competitive rally</li> <li>• Show a variety of skills during a competitive rally situation (Slice, Dropshot, Topspin etc.)</li> <li>• show a need to move opponent by changing the direction and speed of the ball during competitive rally</li> </ul>	<ul style="list-style-type: none"> <li>• forehand and backhand, appropriate grips and shape to demonstrate variation</li> <li>• use a circular swing on both sides to develop racquet head speed and adapt contact point as required</li> <li>• Use appropriate stance depending on situation</li> <li>• complete backswing by the time the ball bounces at the player’s end of the court</li> <li>• head remains stable and eyes focused on contact point</li> </ul>	<ul style="list-style-type: none"> <li>• perform the skills with consistency during competitive activities</li> <li>• <b>Beginning to develop an understanding of the tactical concepts of:</b></li> <li>• defensive, neutral and offensive</li> <li>• zones of the court</li> <li>• attack the short ball.</li> <li>• <b>Beginning to develop an understanding of the tactical concepts of:</b></li> <li>• safe spots</li> <li>• centre the ball</li> <li>• height equals depth.</li> </ul>	1 2 3

<b>Rally Cont.</b>	Volley	<ul style="list-style-type: none"> <li>• Volley the ball after transitioning forward and showing awareness of split step</li> <li>• Perform appropriate take back and finish</li> <li>• approaches the net at the appropriate time during a rally (i.e. off a short ball)</li> <li>• show appropriate shot selection depending on opponent's court position-hitting away from opponent when possible</li> </ul>	<ul style="list-style-type: none"> <li>• use continental grip on forehand and backhand volley</li> <li>• assume a basic athletic ready position with non-hitting hand supporting racquet</li> <li>• racquet head above the wrist</li> <li>• contact ball in front and side of body while body leans forward with variation between high, medium and low contacts.</li> </ul>	<ul style="list-style-type: none"> <li>• perform the skills with consistency an accuracy during competitive activities</li> <li>• explore and create responses during competitive rally situations that relate to shot selection and placement</li> </ul>	1 2 3
	Play	<ul style="list-style-type: none"> <li>• commence rally with serve</li> <li>• move greater distances with increased speed and dynamic balance (forwards, backwards, sideways) during competitive rally</li> <li>• achieve more fundamental tactical outcomes (e.g. maintain consistency during competitive rally, limit directional change)</li> <li>• anticipate opponent's shots from their court position</li> </ul>	<ul style="list-style-type: none"> <li>• consistently achieve the above technical aspects for each stroke with some tactical purpose during a competitive rally situation</li> </ul>	<ul style="list-style-type: none"> <li>• as above</li> </ul>	
<b>Score</b>	<ul style="list-style-type: none"> <li>• understand basic positioning and tactics in doubles</li> <li>• understand rules of the game for non-umpired matches and are able to do Tennis Scoring during a match</li> </ul>				1 2 3
<b>Be a good sport</b>	<ul style="list-style-type: none"> <li>• play honestly and fairly and show teamwork</li> <li>• show good sportsmanship</li> <li>• display independence (e.g. organise own equipment for matches and practice)</li> <li>• manage emotions in a competitive situation (winning/losing)</li> </ul>				1 2 3
<b>Love the game</b>	<ul style="list-style-type: none"> <li>• Showing an interest of playing Tennis with family or friends outside of class when able (ideally weekly)</li> <li>• can practise independently with a defined objective</li> <li>• consistently give best mental and physical effort</li> <li>• enjoy competition in a variety of formats (e.g. Hot Shots competitions/Beginner Junior Inter-Club)</li> <li>• work on improving a skill and trying to perform it better</li> </ul>				1 2 3