

All about Orange Tennis					
Typical age:	8-10 years	Court Size:	6.4 m × 18.29 m		
Racquet size:	23 inch	Ball:	50% compression red 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	
Serve	<ul style="list-style-type: none"> <li>serve with a coordinated service action into the deuce and advantage service boxes</li> <li>understand the difference between a first and second serve</li> <li>Overarm Serve over the net from different positions of the court</li> <li>Experiment with continental/chopper grip</li> </ul>	<ul style="list-style-type: none"> <li>use continental or eastern forehand grip</li> <li>assume serving stance (Side- On, Feet towards Net Post, right handers to the right etc.)</li> <li>use non-hitting hand to support the ball and throat of the racquet</li> <li>raise tossing arm up towards the net post and release point is at about eye level</li> <li>extend elbow up to contact</li> <li>have racquet follow an upward swing path</li> <li>*Appropriate Follow-Through</li> </ul>	<ul style="list-style-type: none"> <li>perform the skill with consistency and accuracy</li> <li>serving at least half pace on both serves</li> </ul>	1 2 3	
	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> </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</li> </ul>	<ul style="list-style-type: none"> <li>judge and respond to different ball trajectories -on the Court high, low, short, deep</li> </ul>	1 2 3
	Groundstrokes	<ul style="list-style-type: none"> <li>return a serve using different directions</li> <li>Experimenting with the use of Topspin and Slice</li> <li>hit the ball to various locations on the court with an awareness of cross court and down the line.</li> </ul>	<ul style="list-style-type: none"> <li>forehand - eastern forehand to semi-western forehand grip</li> <li>double-handed backhand – bottom hand – continental to eastern backhand and top hand - eastern forehand; no space between hands</li> <li>assume a basic athletic ready position</li> <li>use appropriate swing for shot selection (low to high or high to low)</li> <li>turn side on to oncoming ball</li> <li>stance may be square, semi-open or open</li> <li>contact ball in front and to side of body</li> <li>follow through as a natural extension of the swing</li> </ul>	<ul style="list-style-type: none"> <li>perform the skills with consistency and accuracy during competitive activities</li> <li>explore and create responses during competitive rally situations (Spins and Directions)</li> </ul>	1 2 3
Rally	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> </ul>	<ul style="list-style-type: none"> <li>forehand and backhand continental grip</li> <li>assume a basic athletic ready position with non-hitting hand supporting the throat of racquet</li> <li>contact ball in front and to side of the body</li> </ul>	<ul style="list-style-type: none"> <li>perform the skills with consistency and accuracy during competitive activities</li> <li>explore shot selection and placement</li> </ul>	1 2 3

<b>Rally cont.</b>	Play	<ul style="list-style-type: none"> <li>• commence rally with serve; players have option to drop and hit or Overarm Throw second serve from the Service Line</li> <li>• move greater distances with increased speed and dynamic balance (forwards, backwards, sideways) during competitive rally</li> <li>• achieve some fundamental tactical outcomes (e.g consistency in a competitive rally)</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>• perform the skills with consistency and accuracy during competitive activities</li> <li>• explore and create responses during competitive rally situations that relate to shot selection and placement</li> </ul>	
<b>Score</b>		<ul style="list-style-type: none"> <li>• State when the ball is in or out of court</li> <li>*Count the score using Table Tennis Format (Cones and Pegs as aids if needed)</li> <li>• understand the main rules of the game (e.g. Spin a racket- Choosing Side, Serve and Return, Line is in, Serve diagonally, Serves go into Service Box, 2 Serve attempts per point)</li> </ul>			1 2 3
<b>Be a good sport</b>		<ul style="list-style-type: none"> <li>• understand the concept of fair play and teamwork</li> <li>• call lines and score clearly out loud</li> <li>• begin to manage emotions (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</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)</li> </ul>			1 2 3