

Kiwi Tennis Competencies

Red Stage



All about Red Tennis					
Typical age:	5-8 years	Court Size: 3 m × 10.97 m			
Racquet size:	21 inch	Ball: Foam ball, 25% 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"> • overarm throw to various locations on the court • overarm serve over the net and in with a racket from different positions of the court 	<ul style="list-style-type: none"> • rotate from a side-on position to a front-on position after throwing • Contact back of the ball with racket above the head 	<ul style="list-style-type: none"> • perform the skill with consistency and accuracy 	1 2 3	
Rally	Movement	<ul style="list-style-type: none"> *Moving sideways both left and right with balance *Moving forwards and backwards with balance • Move quickly in different directions 	<ul style="list-style-type: none"> • maintain balance • assume sound base of support *Being Ready (Ready Position) 	<ul style="list-style-type: none"> *Awareness of moving towards the ball and back to the centre of the court afterwards 	1 2 3
	Groundstrokes	<ul style="list-style-type: none"> • catch various size balls thrown over net after one or two bounces using a bucket, cone or one or two hands • throw balls of various sizes (using an action representing forehand and backhand) • drop and hit forehand from different locations • hit a backhand when ball dropped or thrown underarm to backhand side 	<ul style="list-style-type: none"> • Assume a basic athletic ready position • Dominant Hand on the Racket, shake hands with the Grip *2 Hand for Backhand, no space between hands • Perform a low to high swing with finish over shoulder • Contact ball in front and to side of body • Strings to target 	<ul style="list-style-type: none"> • perform the skills with consistency and accuracy • awareness of rallying (hitting consecutive shots) 	1 2 3
	Volley	<ul style="list-style-type: none"> • Volley the ball over the Net using a simple Forehand and Backhand action 	<ul style="list-style-type: none"> • assume a basic athletic ready position • volley with a basic blocking action (limited Backswing and finish) • Leaning forward as they hit *Contact to the side and out in front of body 	<ul style="list-style-type: none"> • perform the skills with consistency and accuracy 	1 2 3
Rally cont.					

	Play	<ul style="list-style-type: none"> • commence rally by throwing balls of various sizes (action representing groundstrokes) to a partner who catches and throws back • commence rally with a drop and hit forehand to a partner who catches ball after one or two bounces • commence rally by dropping and hitting a forehand to partner who catches ball on one or two bounces and returns it back (with throw or Racket) 	<ul style="list-style-type: none"> • attempt to achieve the above technical aspects for each stroke during a cooperative rally situation 	<ul style="list-style-type: none"> • perform skills during play with consistency and accuracy 	1 2 3
Score		<ul style="list-style-type: none"> • State when ball is in or out of court *Count the score using Table Tennis Format (Cones and Pegs as aids if needed) 			1 2 3
Be a good sport		<ul style="list-style-type: none"> • cooperate with others in a team environment • demonstrate an understanding of winning/losing • follow instructions 			1 2 3