

All about Silver Tennis

Typical age:	Any	Court Size:	Full Court
Racquet size:	26 - 27inch	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"> <li>Serves with a coordinated and rhythmical 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 ability of speed and spin (i.e. flat or slice) on first and second serves</li> </ul>	<ul style="list-style-type: none"> <li>Uses and understands continental grip</li> <li>Shows a ball toss that will suit the Serve being hit</li> <li>Developing a solid 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>Demonstrate tactical responses during competitive rally situations that relate to shot selection and placement (I.e. Serve + 1)</li> </ul>	1 2 3	
Rally	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>use a variety of stances (open, neutral and closed)</li> <li>-Demonstrating recovery to the Baseline or net during the rally in appropriate time frame</li> <li>-Adjusting Court Position based on Rally Situation (Attack/Neutral/Defence)</li> </ul>	<ul style="list-style-type: none"> <li>maintain balance</li> <li>assume sound base of support</li> <li>-Demonstrate Split-Step and perform this regularly</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> <li>*Demonstrates the ability to move forward and finish when the opportunity presents itself</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>Demonstrates tactical concepts of:</b></li> <li>defensive, neutral and offensive (with varied use of spin and speed)</li> <li>zones of the court</li> <li>attack the short ball.</li> <li><b>Demonstrates tactical concepts of:</b></li> <li>safe spots</li> <li>centre the ball</li> <li>height equals depth (and higher receiving contact)</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 a competent split step</li> <li>• approaches the net at the appropriate time during a rally (i.e. off a short ball)</li> <li>• Awareness of need for appropriate positioning at net (dependent on approach and covering the angles)</li> <li>• Experiment further with varying speed/spin and placement away from opponent</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> <li>• Perform appropriate take back and finish</li> </ul>	<ul style="list-style-type: none"> <li>• perform the skills with consistency an accuracy during competitive activities</li> <li>• Demonstrates 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>• Commences rally with a serve with purpose</li> <li>*Understands or demonstrates some Patterns of Play they can use on Court</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>• Show an awareness of intentions on court (Building, Finishing, Neutralising)</li> </ul>	
<b>Score</b>	<ul style="list-style-type: none"> <li>• understand 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>• Demonstrates independence (e.g. organise own equipment for matches and practice)</li> <li>• manage emotions in a competitive situation (winning/losing)</li> <li>• understand tennis etiquette when appropriate</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. Junior Inter-Club)</li> <li>• Takes own interest in learning through questioning</li> </ul>				1 2 3