

Launch Pad – Fundamental and perceptual motor skills (FPMS)			
Player:		Coach:	
Club:		Date:	
All about Launch Pad			
Typical age: 4–6		Court size: variable	
Racquet size: 19–21 inch		Ball: 25% compression red ball	
Competencies			
Skill	Description	Progress report	
Physically can...			
Locomotor skills	<ul style="list-style-type: none"> <li>run in different directions and be spatially aware</li> <li>move sideways, hop along a line, jump over small obstacles and land with balance</li> </ul>	B	D C
Body control	<ul style="list-style-type: none"> <li>start activities from a ready position</li> <li>maintain balance while rotating and stretching</li> <li>throw a big ball in different directions by rotating trunk side to side.</li> </ul>	B	D C
During game play can...			
Serve	<ul style="list-style-type: none"> <li>put the ball in play using different actions including underarm and overarm throw and underarm serve</li> <li>throw different distances and to different locations</li> </ul>	B	D C
Return	<ul style="list-style-type: none"> <li>start from a ready position, move a short distance to the ball and meet it after the bounce on either side of the body e.g. catch with hands, catch in a cone and block with a racquet etc</li> </ul>	B	D C
Baseline	<ul style="list-style-type: none"> <li>control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball with both sides of the racquet and on both sides of the body</li> <li>self rally with a bounce and hit in a small space</li> <li>hit a ball over the net using a short action from both forehand and backhand side (ball may be fed, self drop hit or hit off an object)</li> </ul>	B	D C
Net	<ul style="list-style-type: none"> <li>volley a ball over the net on both forehand and backhand with a simple blocking action.</li> </ul>	B	D C
Socially / competitively can...			
Know the game	<ul style="list-style-type: none"> <li>count the number of times a task is performed and number of shots in a rally</li> <li>define “in” and “out” in game situations</li> <li>demonstrate the basic shots of the game</li> <li>differentiate between the first and second bounce</li> </ul>	B	D C
Love the game	<ul style="list-style-type: none"> <li>engage in all games and activities</li> </ul>	B	D C
Great sport	<ul style="list-style-type: none"> <li>follow instructions</li> <li>cooperate with others and take turns.</li> </ul>	B	D C
Coach comment			
<b>Progress report key</b> Beginning = working on it      Developing = making progress      Competent = consistently performs this task			

Red stage – Explore			
Player:		Coach:	
Club:		Date:	
All about Red Tennis			
Typical age: 5–8		Court size: 3m x 11m or 6m x 12m	
Racquet size: 21–23 inch		Ball: 25% compression red ball	
Competencies			
Skill	Description	Progress report	
Physically can...			
Locomotor skills	<ul style="list-style-type: none"> <li>move quickly in different directions, be spatially aware and stop on balance</li> <li>jump and hop in different ways</li> </ul>	B	D C
Body control	<ul style="list-style-type: none"> <li>throw a large ball using rotation of upper body</li> <li>throw and catch a small ball using one or two hands</li> <li>keep head still, coordinate arms and legs and maintain balance during movement.</li> </ul>	B	D C
During game play can...			
Serve	<ul style="list-style-type: none"> <li>direct the serve over the net using an underarm or simple overarm serve</li> </ul>	B	D C
Return	<ul style="list-style-type: none"> <li>start from a ready position; use a simple low to high action with contact point in front and to the side on both forehand and backhand</li> <li>control the return into space and away from the server</li> </ul>	B	D C
Baseline	<ul style="list-style-type: none"> <li>judge the depth and direction of the ball effectively, arrive on balance and use a simple low to high action</li> <li>regularly keep the ball in play for 10–15 shots when rallying with a partner from the red baseline</li> <li>change the direction of the ball and hit into space in a rally situation</li> </ul>	B	D C
Net	<ul style="list-style-type: none"> <li>make a simple approach and perform a volley with control and consistency</li> <li>control the racquet face with a short forward movement .</li> </ul>	B	D C
Socially/ competitively can...			
Know the game	<ul style="list-style-type: none"> <li>understand scoring systems and etiquette for calling lines</li> <li>keep score with the aid of a scoreboard i.e. using pegs, writing on court</li> <li>demonstrate where to stand when serving and returning</li> </ul>	B	D C
Love the game	<ul style="list-style-type: none"> <li>enjoy competition in a variety of formats e.g. games in lessons, colour ball challenges, play with family and friends</li> <li>work on improving a skill and trying to perform it better</li> </ul>	B	D C
Great sport	<ul style="list-style-type: none"> <li>cooperate with others in a pair and team situation</li> <li>listen actively to instructions and feedback</li> <li>call lines fairly and scores clearly and honestly.</li> </ul>	B	D C
Coach comment			
<p style="text-align: center;"><b>Progress report key</b></p> <p>Beginning = working on it      Developing = making progress      Competent = consistently performs this task</p>			

# Detailed report



## Orange stage – Develop

Player:		Coach:	
Club:		Date:	

### All about Orange Tennis

Typical age: 8–10	Court size: 8m x 18m (3/4 court)
Racquet size: 23–25 inch	Ball: 50% compression orange ball

### Competencies

Skill	Description	Progress report
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#### Physically can...

Locomotor skills	<ul style="list-style-type: none"> <li>react quickly and adapt movement patterns, including forward, backward, sideways</li> <li>maintain balance while moving</li> </ul>	B D C
Body control	<ul style="list-style-type: none"> <li>perform different patterns and movements at the same time e.g. run, balance and hit</li> <li>keep head still, coordinate arms and legs and maintain balance during dynamic movements.</li> </ul>	B D C

#### During game play can...

Serve	<ul style="list-style-type: none"> <li>serve with a balanced and rhythmical service action</li> <li>direct the serve into different areas of the service box by controlling the racquet face</li> </ul>	B D C
Return	<ul style="list-style-type: none"> <li>modify speed and direction of the service return</li> <li>return a variety of serves</li> </ul>	B D C
Baseline	<ul style="list-style-type: none"> <li>judge the depth, direction, speed and spin of the ball effectively, arrive on balance and use a simple circular swing</li> <li>move their opponent by changing the direction and speed of the ball</li> <li>effectively use spin in a rally situation</li> <li>begin to modify stance i.e. neutral to open in response to ball flight</li> <li>regularly keep the ball in play for 10–15 shots when rallying with a partner from the orange baseline</li> <li>rally crosscourt with a partner</li> </ul>	B D C
Net	<ul style="list-style-type: none"> <li>approach the net at the appropriate time during a rally</li> <li>control the racquet face during the volley and overhead to hit the ball into space.</li> </ul>	B D C

#### Socially/competitively can...

Know the game	<ul style="list-style-type: none"> <li>keep score without the aid of a scoreboard</li> <li>understand the main rules of the game e.g. foot fault, let, don't touch the net</li> <li>understand basic tactics i.e. down the line and crosscourt</li> <li>understand personal strengths and areas of improvement</li> <li>list the four Grand Slam events</li> </ul>	B D C
Love the game	<ul style="list-style-type: none"> <li>enjoy competition in a variety of formats e.g. games in lessons, colour ball challenges, play with family and friends</li> <li>work on improving a skill and trying to perform it better</li> </ul>	B D C
Great sport	<ul style="list-style-type: none"> <li>understand the concept of fair play</li> <li>start to control emotions</li> <li>call lines fairly and score clearly and honestly.</li> </ul>	B D C

Coach comment	
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Green stage – Encourage			
Player:		Coach:	
Club:		Date:	
All about Green Tennis			
Typical age: 10–12		Court size: Full court	
Racquet size: 25–27 inches		Ball: 75% compression green ball	
Competencies			
Skill	Description	Progress report	
Physically can...			
Locomotor skills	<ul style="list-style-type: none"> <li>react quickly and adapt footwork and movement patterns, including movement forwards, backwards and sideways</li> <li>keep great posture and maintain balance from a wide, narrow, and one legged base</li> </ul>	B	D C
Body control	<ul style="list-style-type: none"> <li>catch and throw with one hand on both sides</li> <li>maintain balance when using different stances</li> <li>keep head still and shoulders level during dynamic movements</li> <li>change body height through good use of the legs.</li> </ul>	B	D C
During game play can...			
Serve	<ul style="list-style-type: none"> <li>use a rhythmical service action, coordinate both arms and legs to aid weight transfer, accelerate racquet, add spin to second serve</li> <li>direct the serve to the forehand or backhand of the opponent</li> <li>differentiate speed and spin on first and second serves</li> </ul>	B	D C
Return	<ul style="list-style-type: none"> <li>react quickly and direct the return down the line and cross court, as tactically appropriate</li> <li>change spin and speed of return to attack or defend</li> </ul>	B	D C
Baseline	<ul style="list-style-type: none"> <li>rally crosscourt for 10–15 shots varying height over the net, depth, speed and spin</li> <li>anticipate and move appropriately to different ball flights</li> <li>maintain dynamic balance through shots</li> <li>use a circular swing on both sides to develop racquet head speed and adapt contact point as required.</li> </ul>	B	D C
Net	<ul style="list-style-type: none"> <li>use approach, drive volley, volley and overhead in an offensive way.</li> </ul>	B	D C
Socially/competitively can...			
Know the game	<ul style="list-style-type: none"> <li>identify their own game style (strengths and weaknesses)</li> <li>assess opponent's game style</li> <li>implement a game plan based on strengths and weaknesses</li> <li>explain what went well in a match and what could be improved</li> <li>be aware of the best worldwide and Australian tennis players</li> </ul>	B	D C
Love the game	<ul style="list-style-type: none"> <li>enjoy competition in a variety of formats e.g. colour ball challenges, play with family and friends, inter-club and local tournaments</li> <li>work on improving a skill and trying to perform it better</li> </ul>	B	D C
Great sport	<ul style="list-style-type: none"> <li>display independence; pack their own bag for matches and practice, and complete a regular warm-up routine and practice regularly without the coach</li> <li>show respect for officials and opponents</li> <li>manage emotions in a competitive situation.</li> </ul>	B	D C
Coach comment			
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