

Blue stage competencies – Fundamental Perceptual Motor Skills (FPMS)

Player:		Coach:			
Club:		Date:			
All about Blue stage					
Typical age:	3–5 years	Court size:	variable		
Racquet size:	19–21 inch	Ball:	foam ball, large soft balls, balloons, red ball		
Competencies					
<i>Progress report key: 1 = working on it 2 = making progress 3 = consistently performs this task/activity competently</i>					
Essential FPMS	Application to tennis	Description	Technical focus	Tactical focus	Progress report
Movement	Movement around court	<ul style="list-style-type: none"> • move sideways and forwards • walk backwards looking over shoulder • jump over line and small obstacles and land with balance 	<ul style="list-style-type: none"> • maintain balance 		1 2 3
Catch after the bounce	Ground strokes	<ul style="list-style-type: none"> • move a short distance to the ball and catch it after the bounce on either side of the body • catch ball with one or two hands, catch in a cone or bucket, block ball with a racquet 	<ul style="list-style-type: none"> • position the bucket, cone or hand to the side of the body 	<ul style="list-style-type: none"> • consistently catch ball 	1 2 3
Under arm throw	Forehand/ Backhand	<ul style="list-style-type: none"> • put the ball in play using an underarm throw • throw ball with both left and right hands • throw ball with varying depth and to different locations on court 	<ul style="list-style-type: none"> • coordinate step forward with throw • step on opposite foot to throwing arm 	<ul style="list-style-type: none"> • consistently throw to different locations 	1 2 3
Double-hand throw	Forehand/ Backhand	<ul style="list-style-type: none"> • put a large ball in play using a double hand side-arm throw • throw a large ball off right and left sides using two hands • throw a large ball with varying depth and to different locations on court 	<ul style="list-style-type: none"> • coordinate use of two arms • step on opposite foot to throwing arm • side on position 	<ul style="list-style-type: none"> • consistently throw to different locations 	1 2 3
Over arm throw	Serve/Smash	<ul style="list-style-type: none"> • put the ball in play using an over arm throw • throw ball with varying depth and to different locations on court 	<ul style="list-style-type: none"> • side on position • pre-throw position 	<ul style="list-style-type: none"> • consistently throw to different locations 	1 2 3
One-handed strike	Forehand	<ul style="list-style-type: none"> • roll the ball along the ground to different locations on court using hand or racquet • strike a ball using one hand off a cone into different locations on court • self rally with a bounce and hit in designated area • control the ball during a rolling rally with a partner e.g. stopping, controlling 	<ul style="list-style-type: none"> • step on opposite foot to hitting arm • contact ball in front and to side of body 	<ul style="list-style-type: none"> • consistently roll or hit ball to different locations (no net) 	1 2 3

Double-handed strike	Backhand	<ul style="list-style-type: none"> roll the ball along the ground using a racquet to different locations on court strike a ball using two hands off a cone into different locations on court 	<ul style="list-style-type: none"> step on opposite foot to hitting arm contact ball in front and to side of body side on position coordinate use of two arms dominant hand at bottom of racquet no space between hands 	<ul style="list-style-type: none"> consistently roll or hit ball to different locations (no net) 	1 2 3
During game play can:	<ul style="list-style-type: none"> throw or strike a ball cooperatively to a partner who catches ball in bucket, cone or in one or two hands control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball on both sides of the body using either hand or racquet 	1 2 3			
Score	<ul style="list-style-type: none"> count the number of times a task is performed and number of shots in a rally demonstrate an overarm and underarm throw (serve) and a one (forehand) and two-handed (backhand) strike differentiate between the first and second bounce 	1 2 3			
Be a good sport	<ul style="list-style-type: none"> follow simple instructions cooperate with others and take turns 	1 2 3			
Love the game	<ul style="list-style-type: none"> players are actively involved, having fun and motivated to participate in all activities practice skills with family or friends outside lesson times 	1 2 3			
Coach comment					

Red stage 1 competencies

Player:		Coach:		
Club:		Date:		
All about Red stage				
Typical age:	5–8 years	Court size:	3 m × 10.97 m	
Racquet size:	21 inch	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 	<ul style="list-style-type: none"> rotate from a side-on position to a front-on position after throwing coordinate arms and legs and maintain balance during movement 	<ul style="list-style-type: none"> perform the skill with consistency and accuracy consistently throw ball to different locations 	1 2 3
Rally	Move ment	<ul style="list-style-type: none"> maintain balance while moving sideways (i.e., sidestep, crossover step) and forwards jump side-to-side and back and forward with balance move quickly in different directions and be able to stop with balance 	<ul style="list-style-type: none"> maintain balance assume sound base of support 	1 2 3
	Ground strokes	<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 to different locations hit a backhand when ball dropped on backhand side 	<ul style="list-style-type: none"> assume a basic athletic ready position use correct grip <ul style="list-style-type: none"> forehand - eastern forehand to semi-western forehand grip double-handed backhand bottom hand – continental to eastern backhand and top hand - eastern forehand; no space between hands step forward with appropriate foot perform a low to high swing 	<ul style="list-style-type: none"> perform the skills with consistency and accuracy consistently hit ball to different locations

Rally cont'd	Ground strokes cont'd		<ul style="list-style-type: none"> • contact ball in front and to side of body • guide the strings of the racquet toward the desired location 		
	Volley	<ul style="list-style-type: none"> • volley the ball to different locations 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 • step forward with appropriate foot • no excessive follow through 	<ul style="list-style-type: none"> • perform the skills with consistency and accuracy • consistently hit ball to different locations 	1 2 3
	Play	<ul style="list-style-type: none"> • commence rally by throwing balls of various sizes (using an action representing groundstrokes) to a partner who catches the ball after one or two bounces and throws back • commence rally with a drop and hit forehand to a partner who catches ball in a bucket, cone or in one or two hands after one or two bounces • commence rally by dropping and hitting a forehand to partner who catches ball on one or two bounces and throws ball back into play with an underarm for the rally to continue (i.e. one player with racquet and one player throwing) 	<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 rally 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 number of hits in cooperative rally • demonstrate where to stand when serving (e.g. overarm throw, underarm throw or drop and hit) and returning 				1 2 3
Be a good sport	<ul style="list-style-type: none"> • cooperate with others • follow simple instructions and apply basic feedback 				1 2 3
Love the game	<ul style="list-style-type: none"> • participate and enjoy cooperative activities appropriate to age and stage of development • play at least once a week with family or friends outside lesson times 				1 2 3
Coach comment					

Red stage 2 competencies

Player:		Coach:			
Club:		Date:			
All about Red stage					
Typical age:	5–8 years	Court size:	3 m × 8.23 m or 6 m × 10.97 m		
Racquet size:	21–23 inch	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"> cooperatively serve the ball over a net with a racquet in a crosscourt direction to a partner 	<ul style="list-style-type: none"> serve with a racquet from either a modified (i.e. pre-throw position) or standard position begin to use a continuous movement side on position perform accurate ball toss 	<ul style="list-style-type: none"> perform the skill with consistency and accuracy consistently hit ball to different location 	1 2 3	
Rally	Move ment	<ul style="list-style-type: none"> maintain balance while moving sideways (i.e., sidestep, crossover step) and forwards jump side-to-side and back and forward with balance move quickly in different directions and be able to stop with balance during cooperative activities with a partner 	<ul style="list-style-type: none"> maintain balance assume sound base of support 	<ul style="list-style-type: none"> develop a coordinated link between perception and action, such as: faster response to direction of the ball 	1 2 3
	Ground strokes	<ul style="list-style-type: none"> perform a forehand from a self-drop and hit to a partner in a crosscourt and down-the-line direction move a short distance (forwards, backwards, sideways) to receive the ball (either catching a ball in a bucket, cone or with two hands) and cooperatively return the ball back to a partner. cooperatively hit a forehand and backhand in a crosscourt and down the line direction back to partner; partner feeds ball with a serve or a drop and hit 	<ul style="list-style-type: none"> use correct grip <ul style="list-style-type: none"> forehand - eastern forehand to semi-western forehand grip single-handed backhand - eastern backhand grip double-handed backhand - bottom hand – continental to eastern backhand and top hand - eastern forehand; no space between hands 	<ul style="list-style-type: none"> perform the skills with consistency and accuracy consistently hit ball to different locations 	1 2 3

Rally cont'd	Ground strokes cont'd		<ul style="list-style-type: none"> assume basic athletic ready position step forward with appropriate foot perform a low to high swing contact ball in front and to side of body follow through as a natural extension of the swing 		
	Volley	<ul style="list-style-type: none"> volley the ball using a simple forehand and backhand action with correct footwork from a ready position begin to use a split step prior to volleying the ball 	<ul style="list-style-type: none"> assume a basic athletic ready position volley with a basic blocking action step forward with appropriate foot no excessive follow through 	<ul style="list-style-type: none"> perform the skills with consistency and accuracy consistently hit ball to different locations 	1 2 3
	Play	<ul style="list-style-type: none"> commence a cooperative rally with a drop and hit forehand and/or serve and rally to a partner who attempts to rally the ball back using a forehand or backhand count number of balls in rally and try to improve score with each new rally 	<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 game play with consistency and accuracy 	1 2 3
Score	<ul style="list-style-type: none"> demonstrate where to stand when serving (e.g. overarm throw, underarm throw, drop and hit forehand or serve with a racquet) and when returning keep the score using a simple scoring system (e.g. first to four points, best of three points) 				1 2 3
Be a good sport	<ul style="list-style-type: none"> cooperate with others shake hands with opponent at end of match follow simple instructions and apply basic feedback 				1 2 3
Love the game	<ul style="list-style-type: none"> participate and enjoy cooperative activities appropriate to age and stage of development play at least once a week with family or friends outside lesson times 				1 2 3
Coach comment					

Red stage 3 competencies

Player:		Coach:									
Club:		Date:									
All about Red stage											
Typical age:	5–8 years	Court size:	6 m × 10.97m								
Racquet size:	21–23 inch	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"> serve ball over a net with a racquet in a crosscourt direction to the forehand and backhand side of a partner in a competitive activity serve ball to land in “deuce” and “ad” service box 	<ul style="list-style-type: none"> serve with a racquet from either a modified (i.e. pre-throw position) or standard position side on position use a continuous movement perform accurate ball toss 	<ul style="list-style-type: none"> perform the skill with consistency and accuracy 	1 2 3							
	Rally	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center; vertical-align: middle;">Move ment</td> <td> <ul style="list-style-type: none"> maintain balance while moving sideways (i.e. side step), forwards and backwards jump side-to-side and back and forward with greater control and balance move more quickly in different directions and be able to stop with balance during competitive rally activities </td> <td> <ul style="list-style-type: none"> maintain balance assume sound base of support </td> <td> <ul style="list-style-type: none"> develop a coordinated link between perception and action, such as: judge the depth and direction of the ball more effectively; begin to judge spin </td> <td style="text-align: center;">1 2 3</td> </tr> <tr> <td style="text-align: center; vertical-align: middle;">Ground strokes</td> <td> <ul style="list-style-type: none"> return a partner-fed ball using a forehand or backhand in a down-the-line or crosscourt direction during cooperative and competitive activities move efficiently (forwards, backwards, sideways) to receive the ball during cooperative and competitive activities </td> <td> <ul style="list-style-type: none"> use correct grip <ul style="list-style-type: none"> forehand - eastern forehand to semi-western forehand grip single-handed backhand - eastern backhand grip </td> <td> <ul style="list-style-type: none"> explore and create basic tactical responses related to shot selection and placement during competitive activities (e.g., begin to understand the importance of hitting the ball deep and attacking the net on a short ball) perform the skills with consistency and accuracy </td> <td style="text-align: center;">1 2 3</td> </tr> </table>	Move ment	<ul style="list-style-type: none"> maintain balance while moving sideways (i.e. side step), forwards and backwards jump side-to-side and back and forward with greater control and balance move more quickly in different directions and be able to stop with balance during competitive rally activities 	<ul style="list-style-type: none"> maintain balance assume sound base of support 	<ul style="list-style-type: none"> develop a coordinated link between perception and action, such as: judge the depth and direction of the ball more effectively; begin to judge spin 	1 2 3	Ground strokes	<ul style="list-style-type: none"> return a partner-fed ball using a forehand or backhand in a down-the-line or crosscourt direction during cooperative and competitive activities move efficiently (forwards, backwards, sideways) to receive the ball during cooperative and competitive activities 	<ul style="list-style-type: none"> use correct grip <ul style="list-style-type: none"> forehand - eastern forehand to semi-western forehand grip single-handed backhand - eastern backhand grip 	<ul style="list-style-type: none"> explore and create basic tactical responses related to shot selection and placement during competitive activities (e.g., begin to understand the importance of hitting the ball deep and attacking the net on a short ball) perform the skills with consistency and accuracy
Move ment	<ul style="list-style-type: none"> maintain balance while moving sideways (i.e. side step), forwards and backwards jump side-to-side and back and forward with greater control and balance move more quickly in different directions and be able to stop with balance during competitive rally activities 	<ul style="list-style-type: none"> maintain balance assume sound base of support 	<ul style="list-style-type: none"> develop a coordinated link between perception and action, such as: judge the depth and direction of the ball more effectively; begin to judge spin 	1 2 3							
Ground strokes	<ul style="list-style-type: none"> return a partner-fed ball using a forehand or backhand in a down-the-line or crosscourt direction during cooperative and competitive activities move efficiently (forwards, backwards, sideways) to receive the ball during cooperative and competitive activities 	<ul style="list-style-type: none"> use correct grip <ul style="list-style-type: none"> forehand - eastern forehand to semi-western forehand grip single-handed backhand - eastern backhand grip 	<ul style="list-style-type: none"> explore and create basic tactical responses related to shot selection and placement during competitive activities (e.g., begin to understand the importance of hitting the ball deep and attacking the net on a short ball) perform the skills with consistency and accuracy 	1 2 3							

Rally	Ground strokes cont'd		<ul style="list-style-type: none"> double-handed backhand - bottom hand – continental to eastern backhand and top hand - eastern forehand; no space between hands 	<ul style="list-style-type: none"> judge the depth and direction of the ball move opponent side-to-side 	
	Volley	<ul style="list-style-type: none"> volley the ball using a simple forehand and backhand action, with correct footwork from a ready position in a crosscourt and down-the-line direction move toward the net, followed by a split-step prior to volleying the ball move toward the net following a self-drop and hit feed to the forehand and backhand side of a partner who returns the ball for the player to volley back to partner (cooperatively and competitively) 	<ul style="list-style-type: none"> assume basic athletic ready position use a circular swing stance may be square, semi-open or open guide the strings of the racquet toward the desired location contact ball in front and to side of body follow through as a natural extension of the swing 	<ul style="list-style-type: none"> perform the skills with consistency and accuracy explore and create basic tactical responses (from coach-led questions) related to shot selection and placement during competitive activities 	1 2 3

	Play	<ul style="list-style-type: none"> commence a competitive rally with a drop and hit forehand and/or serve into a different service box to the forehand and backhand side of a partner alternate serving from “deuce” and “ad” side of court score competitively 	<ul style="list-style-type: none"> attempt to achieve the above technical aspects for each stroke during a competitive rally situation 	<ul style="list-style-type: none"> perform the skill with consistency and accuracy explore and create basic tactical responses (from coach-led questions) related to shot selection and placement during competitive activities 	
Score		<ul style="list-style-type: none"> use tennis scoring (e.g. 15-love) or other scoring systems (e.g. first to five points, best of three points) knows the names of lines and areas of the court demonstrate where to stand when serving (e.g. drop and hit or serving with a racquet) and returning (i.e. alternate serving and return positions after each point) understand when the serve is a fault and a let learn where to stand in doubles 			1 2 3
Be a good sport		<ul style="list-style-type: none"> compete with others in a fair, friendly and enjoyable manner demonstrate tennis etiquette, such as shaking hands at end of match follow a greater number of instructions and apply basic feedback 			1 2 3
Love the game		<ul style="list-style-type: none"> show enthusiasm and a genuine interest in improving skills play at least once a week with family or friends outside lesson times participate and enjoy competitive activities appropriate to age and stage of development practice skills with parents and friends outside lesson times know the names of top Australian, international tennis players and Grand Slam tournaments 			1 2 3
Coach comment					

Orange stage 1 competencies

Player:		Coach:		
Club:		Date:		
All about Orange stage				
Typical age:	8–10 years	Court size:	6.4 m ×18.29 m	
Racquet size:	23–25 inch	Ball:	50% compression orange 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"> serve with a coordinated, balanced, rhythmical and continuous service action into different areas of the service box understand the difference between a first and second serve 	<ul style="list-style-type: none"> use continental or eastern forehand grip assume serving stance (i.e., feet perpendicular to the net, front foot angled towards the net post and back foot parallel to the baseline shoulder width apart) use non-hitting hand to support the ball and throat of the racquet raise tossing arm up towards the net post and release point is at about eye level extend elbow up to contact have racquet follow an upward swing path rotate shoulders parallel to the net achieve a balanced recovery 	<ul style="list-style-type: none"> perform the skill with consistency and accuracy explore and create tactical responses during competitive rally situations that relate to shot selection and placement such as: <ul style="list-style-type: none"> What is the most appropriate type of serve – offensive or neutral? Where is the most appropriate position to place the serve – wide, body or T? 	1 2 3
Rally	Movement <ul style="list-style-type: none"> maintain balance while moving sideways (i.e. side step), forwards and backwards move quickly in different directions (e.g. diagonally to ball) and be able to stop with balance during competitive rally activities 	<ul style="list-style-type: none"> maintain balance assume sound base of support 	<ul style="list-style-type: none"> develop a coordinated link between perception and action, such as: <ul style="list-style-type: none"> judge and respond to different ball trajectories - high, low, short, deep attempt to take ball on rise more effectively; and different spins – topspin and slice 	1 2 3

Rally cont'd	Ground strokes	<ul style="list-style-type: none"> return a serve down the line, crosscourt or down the middle of the court use topspin on both forehand and backhand during a cooperative or competitive rally hit the ball to various locations on the court hit the ball with different speeds 	<ul style="list-style-type: none"> use correct grip <ul style="list-style-type: none"> forehand - eastern forehand to semi-western forehand grip single-handed backhand - eastern backhand grip double-handed backhand - bottom hand – continental to eastern backhand and top hand - eastern forehand; no space between hands assume a basic athletic ready position use a circular swing turn side on to oncoming ball stance may be square, semi-open or open contact ball in front and to side of body racquet follows a low to high path <ul style="list-style-type: none"> follow through as a natural extension of the swing 	<ul style="list-style-type: none"> perform the skills with consistency and accuracy and increased racquet speed during competitive activities explore and create responses during competitive rally situations that relate to shot selection (what is the most appropriate type of groundstroke – offensive, neutral, defensive?) and placement (where is the most appropriate position to place the groundstroke – depth, width?) 	1 2 3
	Volley	<ul style="list-style-type: none"> volley ball using a forehand and backhand action, with correct footwork (from a stationary ready position) to various locations on the court volley ball after moving forward and performing a split-step – dynamic position) to various locations on the court during a competitive rally 	<ul style="list-style-type: none"> use correct grip <ul style="list-style-type: none"> forehand - eastern forehand to continental grip backhand - continental grip assume a basic athletic ready position have non-hitting hand supporting the throat of racquet have backswing form part of the initial turn with the hand and arm in front of the hitting shoulder racquet head above the wrist step forward with appropriate foot contact ball in front of the body 	<ul style="list-style-type: none"> perform the skills with consistency and accuracy and increased racquet speed during competitive activities explore and create responses during competitive rally situations that relate to shot selection and placement 	1 2 3
	Play	<ul style="list-style-type: none"> commence rally with serve; players have option to drop and hit second serve move greater distances with increased speed and dynamic balance (forwards, backwards, sideways) during competitive 	<ul style="list-style-type: none"> consistently achieve the above technical aspects for each stroke with some tactical purpose during a competitive rally situation 	<ul style="list-style-type: none"> perform the skills with consistency and accuracy and increased racquet speed during competitive activities explore and create responses during competitive rally situations that relate 	1 2 3

		<ul style="list-style-type: none"> rally achieve some fundamental tactical outcomes (e.g. maintain consistency during competitive rally) move the opponent around the court 		to shot selection and placement	
Score		<ul style="list-style-type: none"> keep score (game, set) understand the main rules of the game (e.g. choice of ends and service, change of ends, ball touches a line, order of service, foot fault, service fault, let) 			1 2 3
Be a good sport		<ul style="list-style-type: none"> understand the concept of fair play call lines and score clearly and honestly show respect for opponents and officials begin to manage difficult emotions during competition 			1 2 3
Love the game		<ul style="list-style-type: none"> name the four Grand Slam events play at least once a week with family or friends outside lesson times can practise independently with a defined objective consistently give best mental and physical effort enjoy competition in a variety of formats (e.g. Hot Shots competitions) understand some tactical fundamentals (i.e. consistent percentages, court zones) understand own ability level and work to become a better player 			1 2 3
Coach comment					

Orange stage 2 competencies

Player:		Coach:		
Club:		Date:		
All about Orange stage				
Typical age:	8-10 years	Court size:	6.4m x 18.29m	
Racquet size:	23–25 inch	Ball:	50% compression orange 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"> serve with a coordinated, balanced, rhythmical and continuous service action into different areas of the service box differentiate speed between first and second serves - offensive serve on first serve and neutral serve on second serve place the serve in different locations - wide, body and T serve a flat serve or with spin 	<ul style="list-style-type: none"> use continental grip assume serving stance with non-hitting hand supporting the ball and throat of the racquet develop a ball toss lead (i.e. ball tossing arm leads the racquet arm) transfer weight from back to front foot achieve a fluid, coordinated over arm throwing action extend elbow up to contact have racquet follow an upward swing path rotate shoulders parallel to the net achieve a balanced recovery 	<ul style="list-style-type: none"> perform the skill with consistency and accuracy explore and create tactical responses during competitive rally situations that relate to shot selection and placement 	1 2 3
Rally	Move ment	<ul style="list-style-type: none"> maintain balance while moving sideways (i.e., side step, cross- over step), forwards and backwards use a sidestep to recover run or sprint to ball move into position for an overhead move quickly in different directions and be able to stop with balance during competitive rally activities show increased understanding of court position 	<ul style="list-style-type: none"> further develop a coordinated link between perception and action, such as: <ul style="list-style-type: none"> respond to different ball trajectories, speeds, and spin attempt to take ball on rise 	1 2 3

<p>Rally cont'd</p>	<p>Ground strokes (incl. return of serve)</p>	<ul style="list-style-type: none"> • return the ball from offensive and neutral serves in a down-the-line, crosscourt or down the middle direction of the court during a competitive rally • show increased ability to modify the speed and direction of serve return • perform topspin on both forehand and backhand during a competitive rally • use slice on the backhand • hit the ball to various locations on the court • consistently rally crosscourt • hit the ball with different speeds • move opponent by changing the direction and speed of the ball during competitive rally activity • use a drop shot • use a lob or passing shot • defend at end range 	<ul style="list-style-type: none"> • use correct grip <ul style="list-style-type: none"> • forehand - eastern forehand to semi-western forehand grip • single-handed backhand - eastern backhand grip • double-handed backhand - bottom hand – continental to eastern backhand and top hand - eastern forehand; no space between hands • assume a basic athletic ready position • use a circular swing • use circular motion on serve return but backswing is shorter and more compact when returning offensive serves • turn side on to oncoming ball • stance may be square, semi-open or open • begin to complete the backswing by the time the serve bounces at player's end of the court • racquet face is vertical for a long hitting zone • after contact rotate hips and shoulders to face net • create own pace and develop racquet head speed 	<ul style="list-style-type: none"> • perform the skills with consistency and accuracy and increased racquet speed during competitive activities • develop an understanding of court position and its relationship to tactical decision-making • explore and create responses during competitive rally situations that relate to shot selection, such as beginning to develop an understanding of the tactical concepts of: <ul style="list-style-type: none"> • Ua` eW Uk • SUySuk • variation • transition and net play • patterns of play, eg., serve out wide and hit to space. • explore and create responses during competitive rally situations that relate to placement, such as beginning to develop an understanding of the tactical concepts of: <ul style="list-style-type: none"> • variation, eg., vary the pace and the spin of the ball • patterns of play, eg., move opponent and hit to space. 	<p>1 2 3</p>
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Rally cont'd	Volley	<ul style="list-style-type: none"> • approach the net at the appropriate time during a rally (i.e., off a short ball) • volley the ball away from opponent after moving forward and performing a split-step during a competitive rally situation • able to hit an overhead from a stationary position • hit drive volley 	<ul style="list-style-type: none"> • use continental grip on forehand and backhand volley • assume a basic athletic ready position • have non-hitting hand supporting the throat of racquet • have backswing form part of the initial turn with the hand and arm in front of the hitting shoulder • racquet head above the wrist • step forward with appropriate foot • contact ball in front of the body • control the racquet face with a short forward movement 	<ul style="list-style-type: none"> • perform the skills with consistency and accuracy and increased racquet speed during competitive activities • explore and create responses during competitive rally situations that relate to shot selection and placement 	1 2 3
	Play	<ul style="list-style-type: none"> • commence rally with serve • achieve more fundamental tactical outcomes • be aware of opponent's position on court and begin to anticipate flight and direction of ball. • move opponent to win point • hit to opponent's weakness • hit wrong-footing shots 	<ul style="list-style-type: none"> • consistently achieve the above technical aspects for each stroke with some tactical purpose during a competitive rally situation 	<ul style="list-style-type: none"> • perform the skills with consistency and accuracy and increased racquet speed during competitive activities • explore and create responses during competitive rally situations that relate to shot selection, such as beginning to develop an understanding of the tactical concepts of: <ul style="list-style-type: none"> • consistency • accuracy • variation • transition and netplay • patterns of play, eg., serve out wide and hit to space. • explore and create responses during competitive rally situations that relate to placement, such as beginning to develop an understanding of the tactical concepts of: <ul style="list-style-type: none"> • variation, vary the pace and spin of the ball • patterns of play, move the opponent (hit to space) 	1 2 3

Score	<ul style="list-style-type: none"> understand the main rules of the game (e.g. scoring, calling lines, order of receiving in doubles, hindrance) 	1 2 3
Be a good sport	<ul style="list-style-type: none"> consistently give best effort whatever the match score or situation react constructively after losing a point show strong positive body language during matches call lines and score clearly and honestly show respect for opponents and officials 	1 2 3
Love the game	<ul style="list-style-type: none"> play at least once a week with family or friends outside lesson times participate in club and association competitions on a regular basis practise independently with a defined objective name the ITF men's and women's national team competitions (i.e., Davis and Fed Cup) understand how to access local club and association competitions and local tournaments understand personal strengths and identify areas of improvement reflect on own match performance regardless of match outcome show consistent routines between points, between change-overs and before matches 	1 2 3
Coach comment		

Green stage competencies

Player:		Coach:		
Club:		Date:		
All about Green stage				
Typical age:	9–12 years	Court size:	Full court	
Racquet size:	25–27 inch	Ball:	75% compression green 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"> serve with a coordinated, balanced, rhythmical and continuous service action place the serve in different locations in the service box (i.e. wide, body and T) differentiate speed and spin (i.e. flat or slice) on first and second serves 	<ul style="list-style-type: none"> use continental grip begin to develop a ball toss lead (i.e. ball tossing arm leads the racquet arm) begin to develop a palm down position (i.e. palm of hitting arm remains down facing the ground during the backswing phase of the serve) have high point of toss equal to high point of racquet synchronise ball toss drop with a leg drive up contact points vary due to the type of serve executed 	<ul style="list-style-type: none"> perform the skill with consistency, accuracy and increased racquet head speed explore and create tactical responses during competitive rally situations that relate to shot selection and placement develop an understanding of the tactical concepts of vary the spin and pace of the ball and spin placement of first and second serve and 'patterns of play' as it relates to serving 	1 2 3
Rally	<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); margin-right: 5px;">Move-ment</div> <ul style="list-style-type: none"> react quickly and adapt footwork and movement patterns, including movement forwards, backwards and sideways move quickly in different directions and be able to stop with balance during competitive rally activities understanding of court position </div>	<ul style="list-style-type: none"> maintain posture and balance during dynamic movement assume sound base of support 	<ul style="list-style-type: none"> refine a coordinated link between perception and action, such as <ul style="list-style-type: none"> perceive and use cues related to player's court position and racquet swing respond earlier to different ball speeds and spins take a greater number of balls on the rise 	1 2 3

Rally cont'd	Ground strokes (incl. return of serve)	<ul style="list-style-type: none"> • modify stance and court positioning for first and second serves • begin to modify the speed and direction of serve return • 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 • rally with varying height over the net, depth, speed and spin • perform topspin on both forehand and backhand during a competitive rally • increase rally tempo by attacking balls inside the baseline at various heights on the forehand and backhand • use slice on the backhand groundstroke during a competitive rally situation • move opponent by changing the direction and speed of the ball during competitive rally • use a lob or passing shot • use a drop shot • develop defensive skills such as at end range 	<ul style="list-style-type: none"> • use correct grip <ul style="list-style-type: none"> • forehand - eastern forehand to semi-western forehand grip • single-handed backhand - eastern backhand grip • double-handed backhand - bottom hand – continental to eastern backhand and top hand - eastern forehand; no space between hands • use a circular swing on both sides to develop racquet head speed and adapt contact point as required • stance may be closed (single-handed backhand), square, semi-open or open • complete backswing by the time the ball bounces at the player's end of the court • hips and shoulders have rotated to face the net (forehand) • hips and shoulders remain side-on to the net (single-handed backhand) • head remains stable and eyes focused on contact point 	<ul style="list-style-type: none"> • perform the skills with consistency (i.e. understand the concepts of forced and unforced errors) and accuracy and increased racquet speed during competitive activities • understand court position and its relationship with tactical decision making • explore and create responses during competitive rally situations that relate to shot selection, such as beginning to develop an understanding of the tactical concepts of: <ul style="list-style-type: none"> • consistency • accuracy • variation • transition and net play • patterns of play, eg., serve T and hit back behind your opponent • explore and create responses during competitive rally situations that relate to placement, such as beginning to develop an understanding of the tactical concepts of: <ul style="list-style-type: none"> • variation, eg., vary the pace and spin of the ball • patterns of play, eg., move the opponent (hit to space) 	1 2 3
	Volley	<ul style="list-style-type: none"> • approaches the net at the appropriate time during a rally (i.e. off a short ball) • volley the ball away from opponent after moving forward and performing a split-step during a competitive rally situation • hit a drive volley and overhead to different locations • hit first volley, second volley combinations (doubles) 	<ul style="list-style-type: none"> • use continental grip on forehand and backhand volley • assume a basic athletic ready position with non-hitting hand supporting racquet • racquet head above the wrist • contact ball in front of body while body moves forward 	<ul style="list-style-type: none"> • perform the skills with consistency and accuracy and increased racquet speed during competitive activities • explore and create responses during competitive rally situations that relate to shot selection and placement 	1 2 3

Rally cont'd	Play	<ul style="list-style-type: none"> • commence rally with serve • move greater distances with increased speed and dynamic balance (forwards, backwards, sideways) during competitive rally • maintain coordinated stroke production during rally • achieve more fundamental tactical outcomes (e.g. maintain consistency during competitive rally, limit directional change) • anticipate opponent's shots from their court position • observe opponent's strengths and weaknesses and begin to exploit weaknesses 	<ul style="list-style-type: none"> • consistently achieve the above technical aspects for each stroke with some tactical purpose during a competitive rally situation 	<ul style="list-style-type: none"> • as above 	1 2 3
Score		<ul style="list-style-type: none"> • keep score in game, set and match • understand basic positioning and tactics in doubles • understand rules of the game for non-umpired matches 			1 2 3
Be a good sport		<ul style="list-style-type: none"> • play honestly and fairly • show good sportsmanship • display independence (e.g. organise own equipment for matches and practice) • show respect for officials and opponents • manage emotions in a competitive situation • carry own equipment to and from lessons, practice, tournaments and competitions 			1 2 3
Love the game		<ul style="list-style-type: none"> • play at least once a week with family or friends outside lesson times • participate in regular local competition • work on improving a skill and trying to perform it better • understand how to access local competitions and tournaments • identify their own game style and strengths and weaknesses • assess an opponent's strengths and weaknesses • implement a basic game plan • problem solve during match • show consistent routines on court between points and at changeovers and before and after matches • begin to review match performance 			1 2 3

Coach comment	