

Competencies

Orange Stage – Level 1

Player:		Coach:	
Club:		Date:	
All about Orange Tennis			
Typical age:	8-10 years	Court size:	6.5m x 18m
Racquet size:	23–25 inch	Ball:	50% compression orange ball
Competencies			
<i>Progress report key:</i>			
<i>1 = working on it 2 = making progress 3 = consistently performs this task/activity competently</i>			
Skill	Description		Progress
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 		1 2 3
Rally	Move ment	<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 	1 2 3
	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 	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 	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 rally achieve some fundamental tactical outcomes (e.g., maintain consistency during competitive rally) move the opponent around the court 	1 2 3
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