

## Competencies

### Red Stage - Level 1

Player:		Coach:	
Club:		Date:	
<b>All about Red Tennis</b>			
Typical age:	5-8 years	Court size:	3m x 8.23m
Racquet size:	21inch	Ball:	25% compression red ball
<b>Competencies</b>			
<i>Progress report key:</i>			
<i>1 = working on it      2 = making progress      3 = consistently performs this task/activity competently</i>			
Skill	Description		Progress
<b>Serve</b>	<ul style="list-style-type: none"> <li>over arm throw to various locations on the court</li> </ul>		1 2 3
<b>Rally</b>	Move ment	<ul style="list-style-type: none"> <li>maintain balance while moving sideways (i.e., side step, cross-over step) and forwards</li> <li>jump side-to-side and back and forward with balance</li> <li>move quickly in different directions and be able to stop with balance</li> </ul>	1 2 3
	Ground strokes	<ul style="list-style-type: none"> <li>catch various size balls thrown over net after one or two bounces using a bucket, cone or one or two hands</li> <li>throw balls of various sizes (using an action representing forehand and backhand)</li> <li>drop and hit forehand to different locations</li> <li>hit a backhand when ball dropped on backhand side</li> </ul>	1 2 3
	Volley	<ul style="list-style-type: none"> <li>volley the ball to different locations using a simple forehand and backhand action</li> </ul>	1 2 3
	Play	<ul style="list-style-type: none"> <li>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</li> <li>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</li> <li>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 under arm for the rally to continue (i.e., one player with racquet and one player throwing)</li> </ul>	1 2 3
<b>Score</b>	<ul style="list-style-type: none"> <li>state when ball is in or out of court</li> <li>count the number of hits in cooperative rally</li> <li>demonstrate where to stand when serving (e.g., over arm throw, under arm throw or drop and hit) and returning</li> </ul>		1 2 3
<b>Be a good sport</b>	<ul style="list-style-type: none"> <li>cooperate with others</li> <li>follow simple instructions and apply basic feedback</li> </ul>		1 2 3
<b>Love the game</b>	<ul style="list-style-type: none"> <li>participate and enjoy cooperative activities appropriate to age and stage of development</li> <li>play at least once a week with family or friends outside lesson times</li> </ul>		1 2 3