

## Competencies

### Red Stage - Level 2

Player:		Coach:	
Club:		Date:	
<b>All about Red Tennis</b>			
Typical age:	5-8 years	Court size:	3m x 8.23m or 6m x 10.97m
Racquet size:	21-23 inch	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>cooperatively serve the ball over a net with a racquet in a crosscourt direction to a partner</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 during cooperative activities with a partner</li> </ul>	1 2 3
	Ground strokes	<ul style="list-style-type: none"> <li>perform a forehand from a self-drop and hit to a partner in a crosscourt and down the line direction</li> <li>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.</li> <li>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</li> </ul>	1 2 3
	Volley	<ul style="list-style-type: none"> <li>volley the ball using a simple forehand and backhand action with correct footwork from a ready position</li> <li>begin to use a split step prior to volleying the ball</li> </ul>	1 2 3
	Play	<ul style="list-style-type: none"> <li>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</li> <li>count number of balls in rally and try to improve score with each new rally</li> </ul>	1 2 3
<b>Score</b>	<ul style="list-style-type: none"> <li>demonstrate where to stand when serving (e.g., over arm throw, under arm throw, drop and hit forehand or serve with a racquet) and when returning</li> <li>keep the score using a simple scoring system (e.g., first to four points, best of three points)</li> </ul>		1 2 3
<b>Be a good sport</b>	<ul style="list-style-type: none"> <li>cooperate with others</li> <li>shake hands with opponent at end of match</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