



ATHLETE

FEET

- When sprinting, uses more explosive start with wider, lower base and good posture.
- Executes crossover and shuffle move, side to side with speed and balance.
- Skips with different rhythms—height, depth, micro.
- Jumps rope with two feet using double-jumps.

HANDS

- Catches deep and high balls with either hand (on bounce or in the air) using appropriate footwork.
- Tosses ball with partner while moving forward, backward and side to side.
- Uses different speeds/rhythms between feet and hands.
- Can throw small ball high in the air from baseline into opposite service box.

PLAYER

HEAD

Baseline

- Combines height, spin and speed to keep opponent deep.
- Can use forehand to dictate play from different areas of court.
- Drop-shots when inside baseline.

FEET

- Performs dynamic split-step slightly after opponent's contact, with quick movements in all directions.
- Drop-steps and crosses for deep balls.
- Performs quick shuffle up, back or to side.

HANDS

- Increased extension through hitting zone for deep balls.
- Adjusts backswing according to type of shot hitting or receiving.

Serve/Return

- Can serve to three spots—wide/body/T—on deuce and ad courts.
- More consistent second serve with depth and spin.
- Plays return rising or falling.

- Increased leg drive on first and second serves.
- Position inside or behind baseline on return with quick first step (step out) to ball.

- Palm is down on hitting arm during backswing.
- Adjusts backswing for different types of returns.

Transition

Comes to net in different ways—groundstroke approach with topspin or slice, midcourt or drive volley, sneak or delay attack.

- Uses different stances for transition groundstrokes and volleys.
- Performs scissor-kick on deeper overheads.

- Adjusts backswing and follow-through on transition groundstrokes and volleys according to type of shot hitting or receiving.
- Head still and shoulder over shoulder for overhead.

Other

- Developing a weapon.
- Can play two up in doubles, poach effectively and switch with partner.
- Slides on clay for wide and short balls.

PERSON

GAME

- Consistent routines before, during and after matches.
- Analyzes own performance after match.
- Recognizes effort in self and opponents.

CHARACTER

- Resilient.
- Sets simple goals.
- Works independently.



ATHLETE

FEET

- Turns and runs, leading with outside foot.
- Performs carioca at medium speed.
- Performs drop-step (pivot) and crossover, moving backward.
- Skips forward, backward and sideways.
- Jumps side to side and front to back continuously (both legs).
- Jumps over line with one foot and remains balanced (forward and side).

HANDS

- Catches smaller ball after bounce or in the air with each hand.
- Catches ball while moving with partner, on bounce or in the air.
- From baseline, can throw overhand into deuce and ad-court service boxes.

PLAYER

HEAD

Baseline

- Hits with depth and direction.
- Developing spin and more shape from behind baseline.
- Developing inside-out forehand.
- Topspin angle off wide, midcourt balls.

FEET

- Wider, lower base on split-step and preparation for groundstrokes.
- Moves forward and backward on diagonal and arrives on balance.
- Uses appropriate stances on wide, deep, and short balls.

HANDS

- Increased unit turn with non-dominant hand on racquet longer.
- Increased racquet speed and angular momentum for higher/heavier ball.

Serve/Return

- Can direct first serve to forehand or backhand.
- Returns first serve deep, down center.
- Moves up for second serve and hits to open court.

- Body moves up and into court with increased leg drive on serve.
- Can play second serve return in square or open stance.

- Adjusts toss to change spin.
- Tossing arm is ahead of hitting arm.

Transition

- Moves back to service line for overhead and directs to left and right.
- Developing down-the-line, angle and lob passing shots.

Performs drop-step, crossover, and runs back for deeper overheads.

Shoulder turned, arms in "trophy" position before hitting overhead.

Other

Can close diagonally on net in doubles and volley to open space.

PERSON

GAME

- Understands court etiquette during match play.
- Can score set tiebreak and match tiebreak.
- Copes with winning and losing.

CHARACTER

- Acknowledges others' successes.
- Takes responsibility for own actions.
- Learning to make decisions.



GREEN PLAYER 01

NAME:

NET SCORE:

SCORE:

HEAD

Combines height, spin and speed to keep opponent deep in court.

① ② ③

Can use forehand to dictate play from different areas of court.

① ② ③

Can serve to three spots—wide/body/T—on deuce and ad courts.

① ② ③

Plays return of serve on the rise.

① ② ③

Comes to net in different ways—groundstroke approach with topspin or slice, midcourt volley or drive volley, sneak or delay attack.

① ② ③

Can play two up in doubles, poach effectively and switch with partner.

① ② ③

Consistent routines before, during and after matches.

① ② ③

Understands winning and losing.

① ② ③

Analyzes own performance after match.

① ② ③

FEET

Uses split-step to quickly react to opponent's shot, regardless of direction.

① ② ③

On return, positioned inside or behind baseline, depending on opponent's serve.

① ② ③

Performs scissor-kick on deeper overheads.

① ② ③

HANDS

Can adjust backswing according to type of shot being hit—shortening for returning fast first serve or lengthening when hitting high, heavy topspin ball.

① ② ③

Palm is down on hitting arm during backswing.

① ② ③



GREEN PLAYER 02

NAME:

SCORE:

HEAD

Can hit with depth and direction.

① ② ③

Can hit topspin angle off of wide, midcourt balls.

① ② ③

BASELINE

Can direct first serve to forehand and backhand.

① ② ③

Return of serve: Can return first serve to center of court; can hit to open court on second-serve return.

① ② ③

SERVE/RETURN

Developing passing shot—can hit down the line and angle groundstrokes as well as lobs.

① ② ③

TRANSITION

Understanding of court etiquette during match play. ① ② ③

Can score set tiebreak and match tiebreak. ① ② ③

Copes with winning and losing. ① ② ③

GAME

FEET

Wider, lower base on split-step and preparation for groundstrokes.

① ② ③

Uses appropriate stances on wide, deep and short balls.

① ② ③

Body moves up and into court with increased knee bend on serve.

① ② ③

Performs drop-step and crossover, and runs back for deeper overhead.

① ② ③

HANDS

Increased unit turn keeping non-dominant hand on racquet longer.

① ② ③

Can adjust toss to hit more spin.

① ② ③