



ATHLETE

## FEET

- With eyes forward and head still, remains balanced while running and stopping in different directions and patterns.
- Skips for height and distance, driving with arms.
- Jumps side to side and front to back continuously on one leg.
- Able to jump from one foot to two feet in various patterns and directions while remaining balanced.
- Jumps rope with two feet using single jumps.

## HANDS

- Alternates tossing two balls back and forth with partner, on ground and in the air while moving.
- Throws a spiral with a small football.
- Can throw ball from baseline past opposite baseline.

PLAYER

## HEAD

### Baseline

- Plays deep baseline shots on the rise and learning to take midcourt ball on the rise.
- Consistent shape and spin from baseline.
- Exploits opponent's weaknesses.
- Changes tempo of rallies for offense and defense.

## FEET

- More dynamic split-step, landing on opponent's contact.
- Steps out and performs crossover when running to wide ball.
- Recovers according to location and type of shot.

## HANDS

- Earlier preparation for balls on the rise.
- Backswing on same side of body.
- Adjusts follow-through according to directional intent and speed/spin.

### Serve/Return

- Developing basic routine before serve.
- Can serve to three spots—wide/body/T—on deuce and ad courts.
- Establishing serve and first-ball combinations.
- Attacks weak second serve on the rise and comes to net.

- Lands on front foot and returns to ready position.
- Steps out on returns and sets outside leg behind ball.
- Uses hop move on weak second-serve return and split-step inside service box.

- Consistent toss from inside of front leg.
- Shoulder over shoulder when hitting up on serve.
- Rotates trunk for unit turn off of open-stance return.

### Transition

- Hits drive volley on high, midcourt balls.
- Hits behind opponent on first volley.
- Plays deep volley and short angle with spin.
- Moves back for overhead near service line and controls direction.

- Positioned at net (shading) according to location of shot and opponent's position.
- Performs drop-step and crossover for overhead movement.

- Varies length of volley according to shot hit.
- Sets both hands to hitting shoulder while moving for overhead and gets into "trophy" position before hitting.

### Other

- Establishing "favorite side" from baseline.
- Developing topspin and chip lobs.
- Two at net in doubles and communicates with partner.

PERSON

## GAME

- Prepares equipment, water and supplies independently.
- Able to solve disputes with opponent.
- Identifies game style and weaknesses of opponent.

## CHARACTER

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



ATHLETE

## FEET

- Performs carioca with change of direction.
- Backpedals at medium speed and remains balanced.
- Balances on one leg and performs activities such as catching and tossing large ball.
- Skips forward with high knees and coordinated arms.
- Moves rapidly through cones in zigzag pattern on balance.

## HANDS

- Tosses and catches smaller ball with each hand, using different combinations of hands and feet.
- Can throw small ball up and out over back fence into court.

PLAYER

## HEAD

## FEET

## HANDS

### Baseline

- |  |  |  |
|--|--|--|
| <ul style="list-style-type: none"> <li>• During rally, can hit with depth and direction to different targets.</li> <li>• More consistent topspin on forehand and backhand with increased speed.</li> <li>• Developing slice on low, midcourt balls.</li> </ul> | <ul style="list-style-type: none"> <li>• Hits with square/open/semi-open stance on forehand and backhand, depending on situation.</li> <li>• Uses ground force/kinetic chain.</li> <li>• Moves forward and backward on diagonal and arrives on balance.</li> </ul> | <ul style="list-style-type: none"> <li>• Consistent grip changes from forehand to backhand.</li> <li>• Non-dominant hand on throat.</li> <li>• Developing consistent contact point in front of body.</li> <li>• For slice, developing continental grip and one-handed backhand.</li> </ul> |
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### Serve/Return

- |  |  |  |
|--|--|--|
| <ul style="list-style-type: none"> <li>• Increased racquet-head speed on first serve and able to use spin on second serve.</li> <li>• Can direct first serve to either forehand or backhand.</li> <li>• Can return second serve to either forehand or backhand.</li> </ul> | <ul style="list-style-type: none"> <li>• Increased use of leg drive.</li> <li>• Developing open stance return off of first serve and square stance on second serve.</li> </ul> | <ul style="list-style-type: none"> <li>• Learning to lead with tossing arm.</li> <li>• More compact backswing when returning on the rise.</li> </ul> |
|--|--|--|

### Transition

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"> <li>• Recognizes short ball to attack.</li> <li>• Angles high volley and hits low volley deep.</li> <li>• Hits overhead to left and right with depth.</li> </ul> | <ul style="list-style-type: none"> <li>• Moves forward and turns to hit approach with good spacing.</li> <li>• Uses hop move on square-stance approach shot.</li> </ul> | <ul style="list-style-type: none"> <li>• More compact backswing on approach.</li> <li>• Developing one-handed backhand volley with non-dominant hand on throat.</li> </ul> |
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### Other

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Developing a short slice angle from inside service line.</li> <li>• Lobs over net player and passes down the line.</li> <li>• Plays one up/one back in doubles.</li> </ul> | <p>Recovers behind baseline after defensive shots.</p> |
|---|--|

PERSON

## GAME

- Understands important rules of tennis.
- Scores short set using ad or no-ad scoring.
- Understands personal strengths and weaknesses.

## CHARACTER

- Able to problem-solve.
- Shows respect for opponent and officials.
- Able to accept feedback and work on improvement.



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, throws overhand into deuce and ad-court service boxes.

PLAYER

## HEAD

## FEET

## HANDS

### Baseline

- Rallies consistently to center of court with depth and increased net height.
- Rallies slice forehand and backhand with partner from inside service box.

- Hits with square stance during rally and developing open stance on wide balls.
- Performs crossover step on wide-ball recovery.

Makes unit turn with circular motion on backswing for forehand and backhand.

### Serve/Return

- Serves consistently in box from both sides.
- Returns consistently to center of court with depth.

- Front foot angled toward net post and back foot parallel with baseline.
- Moves up to return second serve and recovers diagonally back to baseline.

- Developing continental grip on serve.
- Maintains unit turn on return.

### Transition

- Rallies volley to groundstroke at medium speed.
- Hits approach shot and volley combination from racquet-feed.
- Hits overhead to left and right sides.

- Moves diagonally into court for approach shot and moves inside service box for volley.
- Split-steps and moves forward on diagonal for volley.

Developing volley with continental grip.

### Other

Understands basic doubles positions.

PERSON

## GAME

- Calls score out clearly when serving.
- Uses traditional tennis scoring—15, 30, 40, etc.
- Can play a single short set or best of three.

## CHARACTER

- Works within a team.
- Asks questions and responds to coach's questions.
- Encourages partners and teammates.



# ORANGE PLAYER 01

NAME:

SCORE:

## HEAD

Learning to take balls on the rise.

① ② ③

Recognizes opponents' weaknesses.

① ② ③

Changes speed of rallies for offense and defense.

① ② ③

BASELINE

Developing basic routine before serve.

① ② ③

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

① ② ③

Attacks weak second serve on the rise and comes to net.

① ② ③

SERVE/RETURN

Can hit swing volley on high, midcourt balls.

① ② ③

Plays deep volley and short-angle volley with spin.

① ② ③

Able to hit overhead from service line while controlling direction.

① ② ③

TRANSITION

## FEET

Split-steps on opponent's contact.

① ② ③

Recovers according to location and type of shot.

① ② ③

Lands on front foot after serve and returns to ready position.

① ② ③

Positioned at net (shading) according to location of shot and opponent's position.

① ② ③

Performs drop-step and crossover for overhead movement.

① ② ③

## HANDS

Backswing on same side of body.

① ② ③

Consistent toss from inside of front leg.

① ② ③



# ORANGE PLAYER 02

NAME:

SCORE:

## HEAD

Can hit with depth and direction to different targets during rally.

① ② ③

Hits more consistent topspin on forehand and backhand with increased speed.

① ② ③

Developing slice on low, midcourt balls.

① ② ③

BASELINE

Developing faster first serve and able to use spin on second serve.

① ② ③

Can direct serve to forehand and backhand.

① ② ③

SERVE/RETURN

Angles high volley and hits low volley deep.

① ② ③

Hits overhead to left and right with depth.

① ② ③

TRANSITION

Plays one-up/one-back doubles.

① ② ③

Lobs over net player and passes down the line.

① ② ③

OTHER

Understands important rules of tennis.

① ② ③

Scores short set using ad or no-ad scoring.

① ② ③

Understands personal strengths and weaknesses.

① ② ③

GAME

## FEET

Hits with square, open or semi-open stance on forehand and backhand, depending on situation.

① ② ③

Moves forward and backward on a diagonal and arrives on balance.

① ② ③

## HANDS

Makes consistent grip changes from forehand to backhand.

① ② ③



# ORANGE PLAYER 03

NAME:

SCORE:

## HEAD

Rallies consistently to center of court with depth and increased net height.

① ② ③

Rallies slice forehand and backhand with partner from inside service box.

① ② ③

BASELINE

Serves consistently in box from both sides.

① ② ③

Returns consistently to center of court with depth.

① ② ③

SERVE/RETURN

Rallies volley to groundstroke at medium speed.

① ② ③

Hits overhead to left and right sides.

① ② ③

TRANSITION

## FEET

Hits with square stance during rally and developing open stance on wide balls.

① ② ③

Points front foot toward net post while keeping back foot parallel to baseline.

① ② ③

## HANDS

Uses circular motion on backswing for forehand and backhand.

① ② ③

Developing continental grip on serves and volleys.

① ② ③