



ATHLETE

## FEET

- Runs coordinating opposite arm and leg.
- Walks backward with head over shoulder.
- Shuffles in three directions—sideways, forward and backward.
- Jumps over line and lands on balance—sideways and forward.
- Hops on one foot and lands on two.
- Runs in zigzag pattern through cones.

## HANDS

- Tosses and catches large ball with two hands, at center, left and right.
- Tosses smaller ball with dominant hand to left, right and center targets.
- Catches smaller ball with two hands at center, left and right side of body.

PLAYER

## HEAD

### Baseline

- Rolls and sends ball with racquet along ground in different directions.
- Maintains rolling rally with partner, sending and receiving to left, right and center.
- Self-rallies in small space.
- Drop-hits to large target.

## FEET

- Keeps ball to side of body.
- Creates space using adjustment steps.
- Returns to home base after moving to ball.

## HANDS

- Keeps racquet on edge; wrist still when rolling ball.
- Extends racquet and hand in direction of ball when sending.

### Serve/Return

Puts ball in play with underhand toss and sends with racquet.

Ready position facing partner.

Tosses with limited backswing and controlled follow-through.

PERSON

## GAME

- Counts rallies and tasks performed.
- Understands “in” and “out” for boundaries.
- Starts rally/point with roll or hand toss.

## CHARACTER

- Understands importance of giving best effort.
- Follows basic instructions.
- Is nice to others and shares.



# PRE- RALLY PLAYER

NAME:

SCORE:

## HEAD

Rolls and sends ball with racquet along ground in different directions.

① ② ③

Maintains rolling rally with partner, sending and receiving to left, right and center.

① ② ③

Self-rallies in small space.

① ② ③

BASELINE

Puts ball in play with underhand toss and sends along ground with racquet.

① ② ③

SERVE/RETURN

Counts rallies and tasks performed. ① ② ③

Understands "in" and "out" for boundaries. ① ② ③

Starts rally/point with roll or hand toss. ① ② ③

GAME

## FEET

Creates space to side of body by using adjustment steps.

① ② ③

Returns to home base after moving to ball.

① ② ③

## HANDS

Keeps racquet on edge when sending ball along ground.

① ② ③