



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

- Rallies crosscourt, down the line and side to side with partner from baseline.
- Developing topspin groundstrokes during rally situations.
- Hits slice on forehand and backhand from hand/racquet-feed.
- Hits to open space during play.
- Learning to take deep ball on the rise.

FEET

- Plays open/semi-open stance on wide and deep balls.
- Steps out with outside foot for unit turn.
- Recovers off-center according to direction of shot hit.
- Performs crossover steps on wide-ball recovery.

HANDS

- Non-dominant hand on throat for ready position.
- Proper use of non-dominant hand on forehand unit turn and preparation.
- Uses circular motion on forehand and backhand swing path.

Serve/Return

Developing slice and body serve.

Coordinates knee bend with top of toss.

- Serves with continental grip.
- Continuous service motion with toss above head.

Transition

- Directs second-serve return to opponent's forehand and backhand.
- Hits approach shot to one side and volleys to open court.
- Hits overhead to center of court.

- Moves up to return second serve.
- Steps out and across for volley.
- Uses square stance for overhead.

- Volleys with continental grip.
- Developing one-handed backhand volley with non-dominant hand on throat of racquet.
- Establishes "trophy" position for overhead preparation.

PERSON

GAME

- Understands faults and lets for serve.
- Can play best-of-three tiebreaks.
- Practices with friends and/or family.

CHARACTER

- Works within a team.
- Ask questions and responds to coach's questions.
- Compliments partners and teammates.



ATHLETE

FEET

- Jogs backward while looking over shoulder and maintaining balance.
- Pivots forward and backward.
- Hops on one leg and lands on balance.
- Skips forward and backward.
- Jumps rope with two feet using half-jumps.

HANDS

- Tosses smaller ball with left and right hands to multiple targets—center, side-to-side, high/low and deep/short.
- Catches smaller ball with right hand on right side and left hand on left.
- Tosses smaller ball with partner while shuffling, and changes direction.
- Throws overhand into deuce and ad-court service boxes, standing inside service line.

PLAYER

HEAD

Baseline

- Rallies over net with partner from service line.
- Hits ball tossed by partner side to side, deep/short and high/low.

FEET

Recovers by shuffling or running back to center when deep or outside court.

HANDS

- Performs unit turn with racquet up on forehand and backhand.
- Rotates trunk with controlled follow-through on forehand and backhand.

Serve/Return

- Serves overhand to opponent's forehand and backhand.
- Returns second serve deep in court.

Returns to ready position after serve.

- Serve grip between continental and Eastern forehand.
- Both hands start on racquet and move down and up together.

Transition

- Hits approach shot and volley combination from hand/racquet-feed.
- Directs volley deep and short from hand/racquet-feed.

- Moves forward after approach shot and split-steps before volley.
- Moves forward and diagonally when stepping to volley.

- Volley grip between continental and Eastern forehand.
- Developing one-handed backhand volley.

PERSON

GAME

- Remembers score and announces it.
- Understands winning by one or two.
- Shakes hands with opponent.

CHARACTER

- Able to make choices.
- Respects coach, partner and equipment.
- Follows the rules.



ATHLETE

FEET

- Runs, stops and changes direction.
- Runs and changes speeds—slow, medium, fast.
- Walks backward and forward on line, looking over shoulder.
- Gallops.
- Skips and changes direction on balance.
- Jumps over line (both feet) sideways, forward and backward.

HANDS

- Tosses and catches large ball high/low, deep/short with partner.
- Tosses smaller ball with each hand to left, right and center targets.
- Catches smaller ball after bounce with one hand.
- Performs basic clapping sequences with partner while shuffling.
- Throws overhand to large target.

PLAYER

HEAD

Baseline

- Rallies with partner in small space without net.
- Alternate-sides self-rallies.
- Drop-hits side to side, high/low and deep/short.
- Hits ball tossed by partner to left, right and center.

FEET

- Ready position with two hands on racquet.
- Moves in multiple directions and recovers to center.
- Uses feet to turn shoulder for square stance.

HANDS

- Forehand grip—Eastern.
- Backhand grip—bottom hand Eastern forehand to continental; top hand Eastern forehand.
- Simple low-to-high swing path, directing hand/racquet to target.

Serve/Return

- Serves underhand or overhand into correct box, standing inside service line.
- Directs return of serve back to server.

- Shoulder turned with feet at 45 degrees.
- Faces server in ready position and recovers to center after return.

Serve grip between continental and Eastern forehand with simple motion.

Transition

Volleys ball tossed by partner to left, right and center.

From ready position, steps with opposite foot for volley.

Volleys with blocking motion; racquet head above wrist.

PERSON

GAME

- Scores with visual aid.
- Calls ball “in” or “out.”
- Knows where to stand for serve and return.

CHARACTER

- Listens and follows directions.
- Cooperates with partner and takes turns.
- Says “thank you.”



RED PLAYER 01

NAME:

SCORE:

HEAD

Rallies crosscourt, down the line and side to side with partner from baseline.

① ② ③

Developing topspin and slice on groundstrokes.

① ② ③

Hits to open space during play.

① ② ③

Developing slice serve.

① ② ③

Hits approach shot to one side and volley to other.

① ② ③

Understands faults and lets for serve. ① ② ③

Can play best-of-three tiebreaks. ① ② ③

Practices with friends and/or family. ① ② ③

FEET

Recovers according to direction of shot hit.

① ② ③

Crossover steps on wide ball and recovers.

① ② ③

Coordinates knee bend with top of toss.

① ② ③

HANDS

Non-dominant hand on racquet throat for ready position.

① ② ③

Uses circular motion on backswing for forehand and backhand.

① ② ③

Developing continental grip on serves and volleys.

① ② ③



RED PLAYER 02

NAME: _____

SCORE: _____



HEAD

Rallies over net with partner from service line.

① ② ③

Hits ball tossed by partner side to side, deep/short and high/low.

① ② ③

Serves overhand to opponent's forehand and backhand.

① ② ③

Hits approach shot and volley combination from hand/racquet-feed.

① ② ③

Remembers score and announces it.

① ② ③

Understands winning by one or two.

① ② ③

Shakes opponent's hand.

① ② ③

BASELINE

SERVE/RETURN

NET PLAY

GAME

FEET

Recovers by shuffling or running back to center when deep or outside court.

① ② ③

Returns to ready position after serve.

① ② ③

Split-steps before volley.

① ② ③

HANDS

Racquet up on backswing for forehand and backhand.

① ② ③

Both hands move down and up together on serve.

① ② ③

Developing one-handed backhand volley.

① ② ③



RED PLAYER 03

NAME:

SCORE:

HEAD

Rallies with partner in small space without net.

① ② ③

Drop-hits side to side, high/low and deep/short.

① ② ③

Hits ball tossed by partner to left, right and center.

① ② ③

BASELINE

Serves underhand or overhand into correct box, standing inside service line.

① ② ③

SERVE/RETURN

Scores with visual aid. ① ② ③

Calls ball "in" or "out." ① ② ③

Knows where to stand for serve and return. ① ② ③

GAME

FEET

Ready position with two hands on racquet, facing partner.

① ② ③

Moves in multiple directions and recovers to center.

① ② ③

Shoulder turned with feet at 45 degrees.

① ② ③

HANDS

Simple low-to-high swing path, directing hand/racquet to target.

① ② ③