



COMPETENCIES ORANGE LEVEL

Player:		Coach:	
Club:		Date:	
All about Orange Tennis			
Typical age:	8-10 years	Court size:	6.4m x 18.29m
Racquet size:	23-25 inch	Ball:	50% compression orange ball



RALLY

Movement

- maintain balance while moving sideways (i.e., side step), forwards and backwards
- move quickly in different directions (e.g., diagonally to ball) and be able to stop with balance during competitive rally activities
- are able to have a 5 shot rally from the baseline



Volley

- attempting to use a continental grip
- elbows high wide stance ready position
- approaches the net at the appropriate time during a rally
- attempting to use Correct feet stepping in (some success)



Play

- commence rally with serve
- maintain ok technique during rally
- move greater distances with increased speed and balance during competitive rally
- demonstrate some tactical awareness (if I am consistent and make more balls in I will win) observe opponent's strengths and weaknesses and begin to exploit weaknesses (if I hit cross court it goes to their backhand)

Ground Strokes

- use topspin on both forehand and backhand during a cooperative or competitive rally
- hit the ball to various locations on the court
- hit the ball with different speeds



Forehand

- eastern or semi western grip
- wide base Ready position
- circle shape



- low to high
- left hand tracking
- catching over the shoulder (tidy finish)
- able to hit open stance and closed stance in a competitive rally



Backhand

- continental/eastern for either top hand or bottom
- side on
- circle
- over the shoulder finish



SERVE

- serve with a coordinated, balanced, rhythmical and continuous service action into different areas of the service box
- understand the difference between a first and second serve



SCORE

- keep score (game, set)
- understand the main rules of the game (e.g. choice of ends and service, change of ends, ball touches a line, order of service, foot fault, service fault, let)



BE A GOOD SPORT

- understand the concept of fair play
- call lines and score clearly and honestly
- show respect for opponents and Coaches
- begin to manage difficult emotions during competition



10 categories you need to have the coach tick off 8 out of 10 with "be a good sport being ticked off"

LOVE THE GAME

- name the four Grand Slam events
- play at least once a week with family or friends outside lesson times
- consistently give best mental and physical effort
- enjoy competition in a variety of formats
- understand some tactical fundamentals (i.e., consistent percentages, court zones)
- understand own ability level and work to become a better player

