



COMPETENCIES TEEN BEGINNER

Player:		Coach:	
Club:		Date:	
All about Teen Tennis			
Typical age:	12-16 years	Court size:	Full court
Racquet size:	26–27 inch	Ball:	100% compression
Progress report key:			
1 = working on it 2 = making progress 3 = consistently performs this task/activity competently			



SERVE

- serve with a coordinated, balanced, rhythmical and continuous service action
- place the serve in different locations in the service box (i.e., wide, body and T)
- differentiate speed and spin (i.e., flat or slice) on first and second serves
- no more than one double fault a game or tie break

1

2

3

RALLY

Movement

- react quickly and adapt footwork/movement patterns, i.e. forwards, backwards, sideways
- able to hit side on/semi open/open stance and understand their uses in a rally and are aware of which one they prefer personally
- move quickly in different directions and stop with balance during competitive rally activities

1

2

3

Volley

- use a continental grip
- elbows high wide stance ready position
- approaches the net at the appropriate time during a rally (i.e., off a short ball)
- volley the ball away from opponent after moving forward and performing a split-step
- correct feet stepping in

1

2

3

Play

- commence rally with serve
- maintain good technique during rally
- move greater distances with increased speed and balance during competitive rally
- demonstrate tactical awareness (if I hit the ball deep I get a short ball where I can attack etc)
- observe opponent's strengths and weaknesses and begin to exploit

1

2

3

Forehand

- eastern or semi western grip
- ready position using your left hand to balance the racquet
- circle shape
- low to high
- left hand tracking
- catching over the shoulder (tidy finish)

1

2

3

Backhand

- side on or slightly semi open
- continental/Eastern for either top hand or bottom
- smaller Circle
- controlled takeback
- over the shoulder finish

1

2

3

Rally

- rally with varying height over the net, depth, speed and spin
- perform topspin on both forehand and backhand during a competitive rally
- move opponent by changing the direction and speed of the ball during competitive rally
- use a lob or passing shot
- use a drop shot
- maintain a consistent rally of at least 10 shots from the baseline
- maintain a rally cross court and down the line with either only the backhand or only the forehand of at least 5 shots
- maintain a consistent rally of at least 10 shots from the baseline

1

2

3

SCORE

- keep score in game, set and match
- understand game rules for non-umpired matches
- understand basic positioning and tactics in doubles

1

2

3

BE A GOOD SPORT

- play honestly/fairly
- show good sportsmanship
- display independence (e.g., organise own equipment for matches and practice)
- show respect for officials and opponents
- manage emotions in a competitive situation
- carry own equipment to and from lessons, practice, tournaments and competitions

1

2

3

LOVE THE GAME

- play at least once a week with family or friends outside lesson times
- participate in regular local competition
- work on improving a skill and trying to perform it better
- understand how to access local competitions and tournaments
- identify their own game style and strengths and weaknesses
- assess an opponent's strengths and weaknesses
- implement a basic game plan
- problem solve during match

1

2

3

Total Score out of 30 (a score of 21 is required to be considered to go up a class)