



Name:

Date:

The Rollers: Stage 1 Competencies				
Skill	Description	Progress		
Movement	<ul style="list-style-type: none"> Bounce on toes Split Step Run, stop, balance! Sidestep 	1	2	3
Serve	<ul style="list-style-type: none"> Overarm throw to a partner Use a racquet to roll a tennis ball to a partner (serve) Serve from 'ad' and 'deuce' side of the court Serve crosscourt 	1	2	3
Groundstrokes	<ul style="list-style-type: none"> Rally with a partner using the following technique cues: <ul style="list-style-type: none"> Start in the ready position Hold the racquet with the correct grip Turn shoulders to the side Circular swing Step toward the net as you hit the ball Follow through over opposite shoulder 	1	2	3
Play	<ul style="list-style-type: none"> Rally 10 shots in a row down-the-line and crosscourt Play 3 matches of rolling tennis Return to the centre of the court after each shot 	1	2	3
Tennis Knowledge	<ul style="list-style-type: none"> Name all of the lines and areas of a tennis court Use tennis scoring to play a game Show the coach where to stand when you are serving and when you are returning Demonstrate tennis etiquette and sportsmanship at the club and during match play 	1	2	3

1* Perform task correctly following coach's instruction

2* Perform task during supervised activity

3* Perform task correctly unsupervised during match play or cooperative rally