



Name:

Date:

The Baseliners: Stage 2 Competencies				
Skill	Description	Progress		
Serve	<ul style="list-style-type: none"> <li>• Serve ball over a net with a racquet in a crosscourt direction</li> <li>• Serve ball to land in “deuce” and “ad” service box</li> <li>• Technique points:               <ul style="list-style-type: none"> <li>- Assume basic ready position</li> <li>- Grip – Eastern forehand to continental grip</li> <li>- Ball toss: release at approximately eye level</li> <li>- Achieve basic throwing action</li> <li>- Contact above head and slightly in front</li> </ul> </li> </ul>	1	2	3
Groundstrokes	<ul style="list-style-type: none"> <li>• Drop and hit a ball using a forehand action over the net to a partner</li> <li>• Consistently rally with a partner over the net using forehands and backhands with one bounce</li> <li>• Track the ball as it approaches and time swing for correct contact with the ball</li> </ul>	1	2	3
Volley	<ul style="list-style-type: none"> <li>• Move towards the net from the baseline and perform a volley</li> <li>• Technique points:               <ul style="list-style-type: none"> <li>- Assume basic ready position</li> <li>- Grip – continental</li> <li>- Volley with a basic blocking action</li> <li>- Step forward into the volley</li> <li>- No excessive follow through</li> </ul> </li> </ul>	1	2	3
Play	<ul style="list-style-type: none"> <li>• Rally 10 shots in a row down-the-line and crosscourt</li> <li>• Play a competitive tennis game following the basic rules of tennis and tennis scoring</li> <li>• Maintain court position at centre of baseline</li> <li>• State whether ball lands in or out</li> </ul>	1	2	3
Tennis Knowledge	<ul style="list-style-type: none"> <li>• Understand when a serve is a fault and a let</li> <li>• Learn where to stand in doubles</li> </ul>	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**