



Name:

Date:

The Drop Shots: Stage 3.1 Competencies				
Skill	Description	Progress		
Serve	<ul style="list-style-type: none"> <li>• Serve with a coordinated, balanced, rhythmical and continuous service action</li> <li>• Understand the difference between a first and second serve</li> <li>• Technique points:               <ul style="list-style-type: none"> <li>- Use continental grip</li> <li>- Assume correct serving stance</li> <li>- Have racquet follow an upward swing path</li> </ul> </li> </ul>	1	2	3
Movement	<ul style="list-style-type: none"> <li>• Maintain a low centre of gravity</li> <li>• Use a crossover step to recover</li> </ul>	1	2	3
Groundstrokes	<ul style="list-style-type: none"> <li>• Use topspin on both forehand and backhand during a cooperative or competitive rally</li> <li>• Hit the ball to various locations on the court</li> <li>• Hit the ball with different speeds</li> </ul>	1	2	3
Volley	<ul style="list-style-type: none"> <li>• Volley the ball using a forehand and backhand action with correct footwork</li> <li>• Volley a ball after moving forward and performing a split step</li> </ul>	1	2	3
Play	<ul style="list-style-type: none"> <li>• Consistently rally in a crosscourt and down-the-line direction with a partner from the baseline</li> <li>• Achieve some fundamental tactical outcomes (e.g. maintain consistency during competitive rally)</li> <li>• Move opponent around the court</li> <li>• Play a tiebreak</li> </ul>	1	2	3
Tennis Knowledge	<ul style="list-style-type: none"> <li>• 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)</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**