.BASE
TENNIS

Name:

Date:

The Aces: Stage 3.2 Competencies				
Skill	**Description**	**Progress**		

Serve	• Differentiate speed between first and second serves – offensive serve on first serve and neutral serve on second serve
	• Place the serve in different locations – wide, body and T
	• Serve a flat serve or with spin
	• Technique points:
	  - Develop a ball toss lead
	  - Transfer weight from back foot to front foot
	  - Achieve a fluid, coordinated overarm action
		1	2	3

Movement	• Run or sprint to ball • Move into position for an overhead • Show increased understanding of court position • Demonstrate understanding of open, semi-open, and closed stances	1	2	3
Groundstrokes	• Return the ball from offensive and neutral serves in a down-the-line, crosscourt, or down the middle direction of the court • Show increased ability to modify speed and direction of serve return • Use slice on the backhand • Hit the ball to various locations on the court • Consistently rally crosscourt • Hit the ball with different speeds • Use a drop shot • Use a lob or passing shot	1	2	3
Volley	• Approach the net at the appropriate time during a rally (i.e. off a short ball) • Volley the ball away from opponent after moving forward • Able to hit an overhead from a stationary position • Hit a drive volley	1	2	3
Play	• Be aware of opponent's position on court and begin to anticipate flight and direction of ball • Move opponent by changing the direction and speed of the ball during competitive rally activities • Hit to opponent's weakness • Defend at end range	1	2	3
Tennis Knowledge	• Understand the main rules of the game (e.g. scoring, calling lines, order of receiving in doubles, hindrance)	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