



Name:

Date:

The Competitors: Stage 4 Competencies				
Skill	Description	Progress		
Serve	<ul style="list-style-type: none"> • Serve with a coordinated, balanced, rhythmical and continuous service action • Place the serve in different locations – wide, body and T • Differentiate speed and spin (i.e. flat or slice) on first and second serves 	1	2	3
Movement	<ul style="list-style-type: none"> • React quickly and adapt footwork and movement patterns, including movement forwards, backwards, and sideways • Move quickly in different directions and be able to stop with balance during competitive rally activities • Understanding of court positioning 	1	2	3
Groundstrokes	<ul style="list-style-type: none"> • Modify stance and court positioning for first and second serves • Rally with varying height over net, depth, speed, and spin • Increase rally tempo by attacking balls inside the baseline at various heights on the forehand and backhand • Use slice on the backhand groundstroke during a competitive rally • Move opponent by changing the direction and speed of the ball during a competitive rally • Use a lob or passing shot • Use a drop shot • Develop defensive skills such as at end range 	1	2	3
Volley	<ul style="list-style-type: none"> • Approaches the net at the appropriate time during a rally • Hit a drive volley and overhead to different locations • Hit first volley, second volley combinations 	1	2	3
Play	<ul style="list-style-type: none"> • Move greater distances with increased speed and dynamic balance during competitive rallying • Maintain coordinated stroke production during rally • Achieve more fundamental tactical outcomes (e.g. maintain consistency during competitive rally, limit directional change) • Anticipate opponents shots from their court position • Observe opponent’s strengths and weaknesses and begin to exploit weaknesses 	1	2	3
Tennis Knowledge	<ul style="list-style-type: none"> • Keep score in a game, set and match • Understand basic positioning and tactics in doubles • Understand the main rules of the game for non-umpired matches 	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