



Orange Stage Competencies

This table should be used as a general guide towards which describes the skills players should aim to achieve during each stage of Tennis Hot Shots. This table is not comprehensive, but instead is an indication of the types of fundamental and perceptual motor skills that children will work on during their Tennis Hot Shots lessons, and what parents can work on with their children outside of lesson time.

To get more information on programme competencies, chat with your Tennis Hot Shots coach.

Typical age – 8-10 years

Racquet size – 23-25 inch

Court – 6.4m x 18.29m

Ball – 50% compression orange ball

Area	Application to Tennis	Details
Serve	Serve	Serve with coordinated, balanced, rhythmical continuous action. Differentiate speed between 1 st and 2 nd serves. Place the serve in different locations. Serve flat or with spin.
Rally	Movement, groundstrokes, volley, play	Maintain balance while moving quickly sideways, forwards and backwards. Use sidestep to recover. Return ball from a partner serve cross-court, down the line or middle. Use topspin on forehand and backhand and slice on backhand. Consistently rally cross-court. Use different speeds. Move opponent. Use drop shot, lob, passing shot, defensive shot. Approach net at correct time. Volley away from the opponent. Hit a smash and a drive volley. Commence a competitive rally and score competitively. Move opponent to win point. Hit to opponent's weakness.
Score	Score	Understand the main rules of the game.