



## Red 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** – 5-8 years

**Racquet size** – 21-23 inch

**Court** – 3m x 8.23m or 6m x 10.97m

**Ball** – 25% compression red ball

Area	Application to Tennis	Details
Serve	Serve	Serve crosscourt to the forehand and backhand side of partner in both service boxes.
Rally	Movement, groundstrokes, volley, play	Maintain balance while moving quickly and jumping. Return ball from a partner with forehand and backhand cross-court and down the line. Volley forehand and backhand with a simple action cross-court and down the line. Commence a competitive rally and score competitively.
Score	Score	Use tennis scoring. Know the names of lines/areas of the court. Understand faults and lets. Know where to stand for doubles.