

GREEN STAGE

Typical age	10+ years	Court size	Green 1 – 7m x 20m Green 2 – 8.23m x 23.77m
Racquet size	25 – 27 inch	Ball	75% compression green ball

Player		Competencies progress report key
Club		1 = working on it 2 = making progress 3 = consistently performs this task / activity competently
Coach		
Date		

Skill	Description	Progress report
Serve	- Over with a coordinated, balanced, rhythmical and continuous service action - Place the serve in different locations in the service box (e.g., wide, body and T) - Differentiate speed and spin (e.g., flat or slice) on first and second serves	1 2 3
Rally	Movement - React quickly and adapt footwork/movement patterns, e.g., forwards, backwards, sideways - Move quickly in different directions and stop with balance during competitive rally activities	1 2 3
	Ground strokes - Modify stance and court positioning for first and second serves - Begin to modify the speed and direction of serve return - Return the ball from first and second serves in a down-the-line, crosscourt or down the middle direction of the court during a competitive activity - Rally with varying height over the net, depth, speed and spin - Perform topspin on both forehand and backhand during a competitive rally - 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 situation - Move opponent by changing the direction and speed of the ball during a competitive rally situation - Use slice on the backhand groundstroke during a competitive rally	1 2 3

		- situation - Move opponent by changing the direction and speed of the ball during competitive rally - Use a lob or passing shot - Use a drop shot - Develop defensive skills such as at end range	
	Volley	- Approaches the net at the appropriate time during a rally (e.g., off a short ball) - Volley the ball away from opponent after moving forward and performing a split-step during a competitive rally situation - Hit a drive volley and overhead to different location - Hit first volley, second volley combinations (doubles)	1 2 3
	Play	- Commence rally with serve - Maintain coordinated stroke production during rally - Move greater distances with increased speed and dynamic balance during competitive rally - Achieve more fundamental tactical outcomes (e.g., maintain consistency during competitive rally, limit directional change) - Anticipate opponent's shots from their court position - Observe opponent's strengths and weaknesses and begin to exploit weaknesses	1 2 3
Score		- Keep score in game, set and match - Understand game rules for non-umpired matches - Understand basic positioning and tactics in doubles	1 2 3
Be a good Sport		- Fair play - Empathy - Sensitivity - Communication - Respectful relationships - Regulation of emotions - Resilience	1 2 3
Love the game		- Play at least once a week with family or friends outside lesson times - Participate in regular local competitions - Work on improving a skill and trying to perform it better - Understand how to access local competitions and tournaments - Identify their own game style and strengths and weaknesses - Assess an opponent's strengths and weaknesses - Implement a basic game plan - Problem solve during match - Show consistent routines on court between points and at change-overs and before and after matches - Begin to review match performance	1 2 3