

RED STAGE

Level 1

Typical age	5 - 8+ years	Court size	3m x 8.23m
Racquet size	19, 21, 23 inch	Ball	25% compression red 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 arm throw to various locations on the court	1 2 3
Rally	Movement	- Maintain balance while moving sideways (e.g., side step, cross-over step) and forwards - Jump side-to-side and back and forward with balance - Move quickly in different directions and be able to stop with balance	1 2 3
	Ground strokes	- Catch various size balls thrown over net after one or two bounces using a bucket, cone or one or two hands - Throw balls of various sizes (using an action representing a forehand and backhand) - Drop and hit forehand to different locations - Hit a backhand when ball dropped on backhand side	1 2 3
	Volley	Volley the ball to different locations using a simple forehand and backhand action	1 2 3

	Play	- Commence rally by throwing balls of various sizes (using an action representing groundstrokes) to a partner who catches the ball after one or two bounces and throws back - Commence rally with a drop and hit forehand to a partner who catches ball in a bucket, cone or in one or two hands after one or two bounces - Commence rally by dropping and hitting a forehand to partner who catches ball on one or two bounces and throws ball back into play with an under arm for the rally to continue (e.g., one player with a racquet and one player throwing)	1 2 3
Score		- State when ball is in or out of court - Count the number of hits in cooperative rally - Demonstrate where to stand when serving (e.g., over arm throw, under arm throw or drop and hit) and returning	1 2 3
Be a good Sport		- Cooperate with others - Follow simple instructions and apply basic feedback	1 2 3
Love the game		- Participate and enjoy cooperative activities appropriate to age and stage of development - Play at least once a week with family or friends outside session times	1 2 3