

RED STAGE

Level 2

Typical age	5 - 8+ years	Court size	5.5m x 10.97m
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		Cooperatively serve the ball over a net with a racquet in a crosscourt direction to a partner	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 during cooperative activities with a partner	1 2 3
	Ground strokes	- Perform a forehand from a self-drop and hit to a partner in a crosscourt and down the line direction - Move a short distance (forwards, backwards, sideways) to receive the ball (either catching a ball in a bucket, cone or with two hands) and cooperatively return the ball back to a partner - Cooperatively hit a forehand and a backhand in a crosscourt and down the line direction back to a partner; partner feeds ball with a service or a drop and hit	1 2 3
	Volley	- Volley the ball using a simple forehand and backhand action with correct footwork from a ready position - Begin to use a split step prior to volleying the ball	1 2 3

	Play	- Commence a cooperative rally with a drop and hit forehand and/or serve and rally to a partner who attempts to rally the ball back using a forehand or backhand - Count number of balls in rally and try to improve score with each new rally	1 2 3
Score		- Demonstrate where to stand when serving (e.g., over arm throw, under arm throw, drop and hit forehand or serve with a racquet) and when returning - Keep the score using a simple scoring system (e.g., first to four points, best of three points)	1 2 3
Be a good Sport		- Cooperate with others - Shake hands with opponent at end of match - 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