

RED STAGE

Level 3

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		- Serve ball over a net with a racquet in a crosscourt direction to the forehand and backhand side of a partner in a competitive activity - Serve ball to land in "deuce" and "ad" service box	1 2 3
Rally	Movement	- Maintain balance while moving sideways (e.g., side step), forwards and backwards - Jump side-to-side and back and forward with greater control and balance - Move more quickly in different directions and be able to stop with balance during competitive rally activities	1 2 3
	Ground strokes	- Return a partner-fed ball using a forehand or backhand in a down-the-line or crosscourt direction during cooperative and competitive activities - Move efficiently (forwards, backwards, sideways) to receive the ball during cooperative and competitive activities	1 2 3
	Volley	- Volley the ball using a simple forehand and backhand action, with correct footwork from a ready position in a crosscourt and down-the-line direction - Move toward the net, followed by a split-step prior to volleying the ball - Move toward the net following a self-drop and hit feed to the forehand and backhand side of a partner who returns the ball for the players to volley back to partner (cooperatively and competitively)	1 2 3

	Play	- Commence a competitive rally with a drop and hit forehand and/or serve into a different service box to the forehand and backhand side of a partner - Alternate serving from “deuce” and “ad” side of court - Score competitively	1 2 3
Score		- Use tennis scoring (e.g., 15-love) or other scoring systems (e.g., first to five points, best of three points) - Knows the names of lines and areas of the court - Demonstrates where to stand when serving (e.g., drop and hit or serving with a racquet) and returning (e.g., alternate serving and returning positions after each point) - Understand when the serve is a fault and a let - Learn where to stand in doubles	1 2 3
Be a good Sport		- Compete with others in a fair, friendly and enjoyable manner - Demonstrate tennis etiquette, such as shaking hands at the end of match - Follow a greater number of instructions and apply basic feedback	1 2 3
Love the game		- Show enthusiasm and a genuine interest in improving skills - Play at least once a week with family or friends outside session times - Participate and enjoy competitive activities appropriate to age and stage of development - Practice skills with parents and friends outside lesson times - Know the names of top Australian, International tennis players and Grand Slam tournaments.	1 2 3