

ORANGE STAGE

Level 1

Typical age	8 - 10+ years	Court size	5.5m x 13m
Racquet size	23 – 25 inch	Ball	50% compression orange 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 with a coordinated, balanced, rhythmical and continuous service action into different areas of the service box - Understand the difference between a first and second serve	1 2 3
Rally	Movement	- Maintain balance while moving sideways (e.g., side step), forwards and backwards - Move quickly in different directions (e.g., diagonally to ball) and be able to stop with balance during competitive rally activities	1 2 3
	Ground strokes	- Return a serve down-the-line, crosscourt or down the middle of the court - Use topspin on both forehand and backhand during a cooperative or competitive rally - Hit the ball to various locations on the court - Hit the ball with different speeds	1 2 3
	Volley	- Volley ball using a forehand and backhand action, with correct footwork (from a stationary ready position) to various locations on the court - Volley ball after moving forward and performing a split-step – dynamic position) to various locations on the court during a competitive rally	1 2 3

	Play	- Commence rally with serve; players have option to drop and hit second serve - Move greater distances with increased speed and dynamic balance (forwards, backwards, sideways) during competitive rally - Achieve some fundamental tactical outcomes (e.g., maintain consistency during competitive rally) - Move the opponent around the court	1 2 3
Score		- Keep score (game, set) - Understand the main rules of the game (e.g., choice of ends and service, change of ends, ball touches a line, order of service, foot fault, service fault, let)	1 2 3
Be a good Sport		- Leadership - Communication - Collaboration - Resilience - Decision-making - Confidence - Fair play - Regulation of emotions - Promoting respectful relationships	1 2 3
Love the game		- Name the four Grand Slam events - Play at least once a week with family or friends outside lesson times - Can practise independently with a defined objective - Consistently give best mental and physical effort - Enjoy competition in variety of formats (e.g., Hot Shots competitions) - Understand some tactical fundamentals (e.g., consistent percentages, court zones) - Understand own ability level and work to become a better player	1 2 3