



Coaching Curriculum: Racket Rascals - LTA Youth Blue

		Serve/Return	Rally	Score
Blue	Fish	Throw over arm over mini net from line before baseline.	Throw ball up bounce and catch 5 times.	Keeping count of the challenge
	Dolphin	Hit push serve over mini net from anywhere on the court.	Throw accurately underarm (Spiderman throw). Catch ball after one or two bounces with the coach up to 10.	Understand that there are rules in tennis and have broad understanding of 1 bounce and hit/catch.
	Shark	Start point with a pop and push from anywhere on the court .	Have a throw and catch rally with another child up to 10. Rally with a coach up to 10 starting from contact in front of shoes (x10 forehands, x10 backhands). Start and get back to ready position.	Understand basic rules of tennis (1 bounce, over net, in/out) within a smaller area. Can keep score with cones.

On challenge days we will be awarding children certificates for achieving the competencies. For any questions on this, please get in touch.