



Tennis Together

Coaching Curriculum: LTA Youth Green

| | | Serve/Return | Rally | Score/Mental focus |
|-------|------------|--|---|--|
| Green | Futures | Orange court: Serve 5 balls over & in on deuce and 5 over & in on ad out of 25 serves. Reinforce chopper grip over and in. | Orange court: green ball rally with direction (cross court and down the line) with coach up to 10. | Understands how to score a game 15, 30, 40 and can start to do this independently in a match. |
| | Challenger | Green court: Service box golf – 4 serves in each quarter of box out of 40 serves. Reinforce chopper grip over and in. | Green court: Rally cooperatively with partner keeping ball behind the service line up to 10. | Can play a match independently, calling the lines and the score |
| | Tour | Hit serve with chopper grip and be able to change direction. | Being able to control space using direction (cross and line) up to 10 with a partner. Start introducing off centre recovery position. | Can maintain focus during a match when leading and level. |
| | Masters | Serve in chopper sideways on with ball & racket together and serve to different areas of box. | Consistently hit to and control space and time. Understand phase of play and apply correct tactic 60% of the time in matches. | Focus is kept when behind/in front and will use routines in between points to help find a solutions. |

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