



Coaching Curriculum: LTA Youth Red

		Serve/Return	Rally	Score
Red	Wizard	Pop and push serve from behind baseline anywhere into the court. Feet still.	Have a throw and catch rally to spaces with another child up to 10. Ready and recover.	Understand rules of tennis on mini red court. Can keep score with cones.
	Dragon	Contact ball above head & serve diagonally. Confidently find chopper grip.	Throw hit catch with another child 10 times in a row.	Confident in knowing rules of tennis on mini red court when playing.
	Ninja	Start serve in tick position using left hand as lever. Change direction of ball from frame first with chopper grip.	Cooperative racket rally with another child up to 10 (forehands and backhands).	Can score a tie break. Some understanding of 15, 30, 40 scoring. Can play a match – umpired scoring.
	Star	Serve in chopper sideways on/ball & racket together and serve to different areas of box.	Able to control space and time and able to do this in matches 60% of the time.	Able to concentrate long enough to umpire a match, calling lines and calling score.

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