

Competencies Launch Pad – Fundamental and perceptual motor skills (FPMS)



Player:		Coach:	
Club:		Date:	
All about Launch Pad			
Typical age:	3-5 years	Court size:	variable
Racquet size:	19-21 inch	Ball:	foam ball, large soft balls, balloons, red ball
Competencies			
Progress report key: 1 = working on it 2 = making progress 3 = consistently performs this task/activity competently			
Essential FPMS	Application to tennis	Description	Progress report
Movement	Movement around court	• move sideways and forwards • walk backwards looking over shoulder • jump over line and small obstacles and land with balance	1 2 3
Catch after the bounce	Ground strokes	• move a short distance to the ball and catch it after bounce on either side of body • catch ball with one or two hands, in a cone or bucket, block ball with a racquet	1 2 3
Under arm throw	Forehand/ Backhand	• put the ball in play using an under arm throw • throw ball with both left and right hands • throw ball with varying depth and to different locations on court	1 2 3
Double-hand throw	Forehand/ Backhand	• put a large ball in play using a double hand side-arm throw • throw a large ball off right and left sides using two hands • throw a large ball with varying depth and to different locations on court	1 2 3
Over arm throw	Serve/ Smash	• put the ball in play using an over arm throw • throw ball with varying depth and to different locations on court	1 2 3
One-handed strike	Forehand	• roll the ball along the ground to different locations on court using hand or racquet • strike a ball using one-hand off a cone into different locations on court • self rally with a bounce and hit in designated area • control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball with both sides of the racquet and on both sides of the body	1 2 3
Double handed strike	Backhand	• roll the ball along the ground using a racquet to different locations on court • strike a ball using two-hands off a cone into different locations on court	1 2 3
During game play can:		• throw or strike a ball cooperatively to a partner who catches ball in bucket, cone or in one or two hands • control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball on both sides of the body using either hand or racquet	1 2 3
Score		• count the number of times a task is performed and number of shots in a rally • demonstrate an over arm and under arm throw (serve) and a one (forehand) and two handed (backhand) strike • differentiate between the first and second bounce	1 2 3
Be a good sport		• follow simple instructions • cooperate with others and take turns	1 2 3
Love the game		• players are actively involved, having fun and motivated to participate in all activities • practice skills with family or friends outside lesson times	1 2 3

Competencies Red Stage Level 1



Player:		Coach:	
Club:		Date:	
All about Red Tennis			
Typical age:	5-8 years	Court size:	3m x 10.97m
Racquet size:	21 inch	Ball:	25% compression red ball
Competencies			
Progress report key:			
1 = working on it 2 = making progress 3 = consistently performs this task/activity competently			
Skill	Description		Progress
Serve	over arm throw to various locations on the court		1 2 3
Rally	Move ment	- maintain balance while moving sideways (i.e., side step, cross-over step) and forwards - jump side-to-side and back and forward with balance - move quickly in different directions and be able to stop with balance	1 2 3
	Ground strokes	- catch various size balls thrown over net after one or two bounces using a bucket, cone or one or two hands - throw balls of various sizes (using an action representing forehand and backhand) - drop and hit forehand to different locations - hit a backhand when ball dropped on backhand side	1 2 3
	Volley	volley the ball to different locations using a simple forehand and backhand action	1 2 3
	Play	- commence rally by throwing balls of various sizes (using an action representing groundstrokes) to a partner who catches the ball after one or two bounces and throws back - commence rally with a drop and hit forehand to a partner who catches ball in a bucket, cone or in one or two hands after one or two bounces - commence rally by dropping and hitting a forehand to partner who catches ball on one or two bounces and throws ball back into play with an under arm for the rally to continue (i.e., one player with racquet and one player throwing)	1 2 3
Score	- state when ball is in or out of court - count the number of hits in cooperative rally - demonstrate where to stand when serving (e.g., over arm throw, under arm throw or drop and hit) and returning		1 2 3
Be a good sport	- cooperate with others - follow simple instructions and apply basic feedback		1 2 3
Love the game	- participate and enjoy cooperative activities appropriate to age and stage of development - play at least once a week with family or friends outside lesson times		1 2 3

Competencies Red Stage Level 2



Player:			Coach:	
Club:			Date:	
All about Red Tennis				
Typical age:		5-8 years	Court size:	3m x 8.23m or 6m x 10.97m
Racquet size:		21–23 inch	Ball:	25% compression red ball
Competencies				
Progress report key:				
1 = working on it 2 = making progress 3 = consistently performs this task/activity competently				
Skill		Description		Progress
Serve		cooperatively serve the ball over a net with a racquet in a crosscourt direction to a partner		1 2 3
Rally	Move ment	- maintain balance while moving sideways (i.e., side step, cross-over step) and forwards - jump side-to-side and back and forward with balance - move quickly in different directions and be able to stop with balance during cooperative activities with a partner		1 2 3
	Ground strokes	- perform a forehand from a self-drop and hit to a partner in a crosscourt and down the line direction - move a short distance (forwards, backwards, sideways) to receive the ball (either catching a ball in a bucket, cone or with two hands) and cooperatively return the ball back to a partner. - cooperatively hit a forehand and backhand in a crosscourt and down the line direction back to partner; partner feeds ball with a serve or a drop and hit		1 2 3
	Volley	- volley the ball using a simple forehand and backhand action with correct footwork from a ready position - begin to use a split step prior to volleying the ball		1 2 3
	Play	- commence a cooperative rally with a drop and hit forehand and/or serve and rally to a partner who attempts to rally the ball back using a forehand or backhand - count number of balls in rally and try to improve score with each new rally		1 2 3
Score		- demonstrate where to stand when serving (e.g., over arm throw, under arm throw, drop and hit forehand or serve with a racquet) and when returning - keep the score using a simple scoring system (e.g., first to four points, best of three points)		1 2 3
Be a good sport		- cooperate with others - shake hands with opponent at end of match - follow simple instructions and apply basic feedback		1 2 3
Love the game		- participate and enjoy cooperative activities appropriate to age and stage of development - play at least once a week with family or friends outside lesson times		1 2 3

Competencies Red Stage Level 3



Player:		Coach:	
Club:		Date:	
All about Red Tennis			
Typical age:		5-8 years	
Court size:		6m x 10.97m	
Racquet size:		21–23 inch	
Ball:		25% compression red ball	
Competencies			
Progress report key:			
1 = working on it 2 = making progress 3 = consistently performs this task/activity competently			
Skill		Description	Progress
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	Move ment	- maintain balance while moving sideways (i.e., 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 player 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 - demonstrate where to stand when serving (e.g., drop and hit or serving with a racquet) and returning (i.e., alternate serving and return 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 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 lesson 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

Competencies Orange Stage Level 1



Player:		Coach:	
Club:		Date:	
All about Orange Tennis			
Typical age:		8-10 years	
Court size:		6.4m x 18.29m	
Racquet size:		23–25 inch	
Ball:		50% compression orange ball	
Competencies			
Progress report key:			
1 = working on it 2 = making progress 3 = consistently performs this task/activity competently			
Skill		Description	Progress
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	Move ment	- maintain balance while moving sideways (i.e., 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
Rally cont'd	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		- understand the concept of fair play - call lines and score clearly and honestly - show respect for opponents and officials - begin to manage difficult emotions during competition	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 a variety of formats (e.g. Hot Shots competitions) - understand some tactical fundamentals (i.e., consistent percentages, court zones) - understand own ability level and work to become a better player	1 2 3

Competencies Orange Stage Level 2



Player:			Coach:	
Club:			Date:	
All about Orange Tennis				
Typical age:		8-10 years	Court size:	6.4m x 18.29m
Racquet size:		23–25 inch	Ball:	50% compression orange ball
Competencies				
Progress report key:				
1 = working on it 2 = making progress 3 = consistently performs this task/activity competently				
Skill		Description	Progress	
Serve		• serve with a coordinated, balanced, rhythmical and continuous service action into different areas of the service box • differentiate speed between first and second serves - offensive serve on first serve and neutral serve on second serve • place the serve in different locations - wide, body and T • serve a flat serve or with spin	1 2 3	
Rally	Move ment	• maintain balance while moving sideways (i.e., side step, cross-over step), forwards and backwards • use a sidestep to recover • run or sprint to ball • move into position for an overhead • move quickly in different directions and be able to stop with balance during competitive rally activities	1 2 3	
	Ground strokes (incl. return of serve)	• return the ball from offensive and neutral serves in a down-the-line, crosscourt or down the middle direction of the court during a competitive rally • show increased ability to modify the speed and direction of serve return • perform topspin on both forehand and backhand during a competitive rally • use slice on the backhand • hit the ball to various locations on the court • consistently rally crosscourt • hit the ball with different speeds • move opponent by changing the direction and speed of the ball during competitive rally activity • use a drop shot • use a lob or passing shot • defend at end range	1 2 3	
	Volley	• approach the net at the appropriate time during a rally (i.e., off a short ball) • volley the ball away from opponent after moving forward and performing a split-step during a competitive rally situation • able to hit an overhead from a stationary position • hit drive volley	1 2 3	
	Play	• commence rally with serve • achieve more fundamental tactical outcomes • be aware of opponent’s position on court and begin to anticipate flight and direction of ball. • move opponent to win point • hit to opponent’s weakness • hit wrong-footing shots	1 2 3	
Score		• understand the main rules of the game (e.g. scoring, calling lines, order of receiving in doubles, hindrance)	1 2 3	
Be a good sport		• consistently give best effort whatever the match score or situation • react constructively after losing a point • show respect for opponents and officials • show strong positive body language during matches • call lines and score clearly/honestly	1 2 3	
Love the game		• play at least once a week with family or friends outside lesson times • participate in club and association competitions on a regular basis • practise independently with a defined objective • name the ITF men’s and women’s national team competitions (i.e., Davis and Fed Cup) • understand how to access local club and association competitions and local tournaments • understand personal strengths and identify areas of improvement • reflect on own match performance regardless of match outcome • show consistent routines between points, between change-overs and before matches	1 2 3	

Competencies Green Stage



Player:		Coach:	
Club:		Date:	
All about Green Tennis			
Typical age:	9 -12 years	Court size:	Full court
Racquet size:	25–27 inch	Ball:	75% compression green
Competencies			
<i>Progress report key:</i>			
<i>1 = working on it 2 = making progress 3 = consistently performs this task/activity competently</i>			
Skill	Description	Progress	
Serve	- serve with a coordinated, balanced, rhythmical and continuous service action - place the serve in different locations in the service box (i.e., wide, body and T) - differentiate speed and spin (i.e., flat or slice) on first and second serves	1 2 3	
Rally	Move ment	- react quickly and adapt footwork/movement patterns, i.e. forwards, backwards, sideways - move quickly in different directions and stop with balance during competitive rally activities	1 2 3
	Ground strokes (incl. return of serve)	- modify stance and court positioning for first and second serves - begin to modify the speed and direction of serve return - return the ball from first and second serves in a down-the-line, crosscourt or down the middle direction of the court during a competitive activity - rally with varying height over the net, depth, speed and spin - perform topspin on both forehand and backhand during a competitive rally - increase rally tempo by attacking balls inside the baseline at various heights on the forehand and backhand - use slice on the backhand groundstroke during a competitive rally situation - move opponent by changing the direction and speed of the ball during competitive rally - use a lob or passing shot - use a drop shot - develop defensive skills such as at end range	1 2 3
	Volley	- approaches the net at the appropriate time during a rally (i.e., off a short ball) - volley the ball away from opponent after moving forward and performing a split-step during a competitive rally situation - hit a drive volley and overhead to different locations - hit first volley, second volley combinations (doubles)	1 2 3
	Play	- commence rally with serve - maintain coordinated stroke production during rally - move greater distances with increased speed and dynamic balance during competitive rally - achieve more fundamental tactical outcomes (e.g., maintain consistency during competitive rally, limit directional change) - anticipate opponent's shots from their court position - observe opponent's strengths and weaknesses and begin to exploit weaknesses	1 2 3
Score	- keep score in game, set and match - understand game rules for non-umpired matches - understand basic positioning and tactics in doubles	1 2 3	
Be good sport	- play honestly/fairly - show good sportsmanship - display independence (e.g., organise own equipment for matches and practice) - show respect for officials and opponents - manage emotions in a competitive situation - carry own equipment to and from lessons, practice, tournaments and competitions	1 2 3	
Love the game	- play at least once a week with family or friends outside lesson times - participate in regular local competition - work on improving a skill and trying to perform it better - understand how to access local competitions and tournaments - identify their own game style and strengths and weaknesses - assess an opponent's strengths and weaknesses - implement a basic game plan - problem solve during match - show consistent routines on court between points and at change-overs and before and after matches - begin to review match performance	1 2 3	