

TI JUNIOR KIDS

NAME:

Game situatio	n	3 phase of p	av	Elements & decision making
I can start a point (serve + return)		Staying in the point (defend)		Respond with cross when pulled out wide (big targets)
				Respond with depth & height when receiving deep balls
				Overall consistency in their game
l can rally (both players back)		Building the	point (rally)	Rally tempo with spin
				Use weapon – hit favourite shot as much as possible
				Recognise my opponent's weakest shot
I can play at the net (approach and passing shots)		I can finish a	a point (attack)	Recognise a short ball , take early OR move forward and approach the net
				Playing to open space/ moving my opponent
O	pponent	W/L	What did	I do well/what can I do better r

AERCAP

ORANGE BALL NATIONAL TOUR Competencies



FEET:

Athletic ready position
Good timing on the split step
Can move in multiple directions
Recovers according to shot played
Can use different stances
Arrives before the ball and play in balance

SERVE & RETURN:

Use the correct grip Have a good throwing action Understand the use of different spins Athletic ready position and timing of split step on the return

Stroke fundamentals:

Prep:
Contact:
Finish:

FOREHAND & BACKHAND:

Use the correct grips	
Stroke fundamentals:	
Prep:	
Contact:	
Finish:	

VOLLEY (approach & volley)

Grip change and positioning **Stroke fundamentals:**

Prep:
Contact:
Finish:

HEAD & HEART

Emotional control They love competition Compete with confidence & courage Demonstrates good tennis etiquette

Comments: