

# ORANGE PLAYER 03

NAME:

SCORE:

## HEAD

Rallies consistently to center of court with depth and increased net height.

① ② ③

Rallies slice forehand and backhand with partner from inside service box.

① ② ③

BASELINE

Serves consistently in box from both sides.

① ② ③

Returns consistently to center of court with depth.

① ② ③

SERVE/RETURN

Rallies volley to groundstroke at medium speed.

① ② ③

Hits overhead to left and right sides.

① ② ③

TRANSITION

## FEET

Hits with square stance during rally and developing open stance on wide balls.

① ② ③

Points front foot toward net post while keeping back foot parallel to baseline.

① ② ③

## HANDS

Uses circular motion on backswing for forehand and backhand.

① ② ③

Developing continental grip on serves and volleys.

① ② ③

# ORANGE PLAYER 02

NAME:

SCORE:

## HEAD

Can hit with depth and direction to different targets during rally.

① ② ③

Hits more consistent topspin on forehand and backhand with increased speed.

① ② ③

Developing slice on low, midcourt balls.

① ② ③

BASELINE

## FEET

Hits with square, open or semi-open stance on forehand and backhand, depending on situation.

① ② ③

Moves forward and backward on a diagonal and arrives on balance.

① ② ③

## HANDS

Makes consistent grip changes from forehand to backhand.

① ② ③

SERVE/RETURN

Developing faster first serve and able to use spin on second serve. ① ② ③

Can direct serve to forehand and backhand. ① ② ③

TRANSITION

Angles high volley and hits low volley deep. ① ② ③

Hits overhead to left and right with depth. ① ② ③

OTHER

Plays one-up/one-back doubles. ① ② ③

Lobs over net player and passes down the line. ① ② ③

GAME

Understands important rules of tennis. ① ② ③

Scores short set using ad or no-ad scoring. ① ② ③

Understands personal strengths and weaknesses. ① ② ③



# ORANGE PLAYER 01

NAME:

SCORE:

## HEAD

Learning to take balls on the rise.

① ② ③

Recognizes opponents' weaknesses.

① ② ③

Changes speed of rallies for offense and defense.

① ② ③

BASELINE

Developing basic routine before serve.

① ② ③

Can serve to three spots—wide/body/T—on deuce and ad courts.

① ② ③

Attacks weak second serve on the rise and comes to net.

① ② ③

SERVE/RETURN

Can hit swing volley on high, midcourt balls.

① ② ③

Plays deep volley and short-angle volley with spin.

① ② ③

Able to hit overhead from service line while controlling direction.

① ② ③

TRANSITION

## FEET

Split-steps on opponent's contact.

① ② ③

Recovers according to location and type of shot.

① ② ③

Lands on front foot after serve and returns to ready position.

① ② ③

Positioned at net (shading) according to location of shot and opponent's position.

① ② ③

Performs drop-step and crossover for overhead movement.

① ② ③

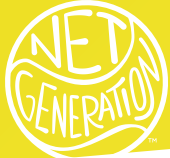
## HANDS

Backswing on same side of body.

① ② ③

Consistent toss from inside of front leg.

① ② ③



# ORANGE PLAYER 01 CONT'D

NAME:

SCORE:

## HEAD

## FEET

## HANDS

OTHER

Developing topspin and slice lob. (1) (2) (3)

Plays two at net in doubles and communicates with partner. (1) (2) (3)

GAME

Prepares equipment, water and supplies independently. (1) (2) (3)

Able to resolve disputes with opponent. (1) (2) (3)

Identifies opponent's game style and weaknesses. (1) (2) (3)