



ATHLETE

FEET

- Turns and runs, leading with outside foot.
- Performs carioca at medium speed.
- Performs drop-step (pivot) and crossover, moving backward.
- Skips forward, backward and sideways.
- Jumps side to side and front to back continuously (both legs).
- Jumps over line with one foot and remains balanced (forward and side).

HANDS

- Catches smaller ball after bounce or in the air with each hand.
- Catches ball while moving with partner, on bounce or in the air.
- From baseline, can throw overhand into deuce and ad-court service boxes.

PLAYER

HEAD

FEET

HANDS

Baseline

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • Hits with depth and direction. • Developing spin and more shape from behind baseline. • Developing inside-out forehand. • Topspin angle off wide, midcourt balls. | <ul style="list-style-type: none"> • Wider, lower base on split-step and preparation for groundstrokes. • Moves forward and backward on diagonal and arrives on balance. • Uses appropriate stances on wide, deep and short balls. | <ul style="list-style-type: none"> • Increased unit turn with non-dominant hand on racquet longer. • Increased racquet speed and angular momentum for higher/heavier ball. |
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Serve/Return

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|--|---|--|
| <ul style="list-style-type: none"> • Can direct first serve to forehand or backhand. • Returns first serve deep, down center. • Moves up for second serve and hits to open court. | <ul style="list-style-type: none"> • Body moves up and into court with increased leg drive on serve. • Can play second serve return in square or open stance. | <ul style="list-style-type: none"> • Adjusts toss to change spin. • Tossing arm is ahead of hitting arm. |
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Transition

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|--|---|--|
| <ul style="list-style-type: none"> • Moves back to service line for overhead and directs to left and right. • Developing down-the-line, angle and lob passing shots. | <p>Performs drop-step, crossover, and runs back for deeper overheads.</p> | <p>Shoulder turned, arms in “trophy” position before hitting overhead.</p> |
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Other

Can close diagonally on net in doubles and volley to open space.

PERSON

GAME

- Understands court etiquette during match play.
- Can score set tiebreak and match tiebreak.
- Copes with winning and losing.

CHARACTER

- Acknowledges others' successes.
- Takes responsibility for own actions.
- Learning to make decisions.



ATHLETE

FEET

- When sprinting, uses more explosive start with wider, lower base and good posture.
- Executes crossover and shuffle move, side to side with speed and balance.
- Skips with different rhythms—height, depth, micro.
- Jumps rope with two feet using double-jumps.

HANDS

- Catches deep and high balls with either hand (on bounce or in the air) using appropriate footwork.
- Tosses ball with partner while moving forward, backward and side to side.
- Uses different speeds/rhythms between feet and hands.
- Can throw small ball high in the air from baseline into opposite service box.

PLAYER

HEAD

FEET

HANDS

Baseline

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|---|---|---|
| <ul style="list-style-type: none"> • Combines height, spin and speed to keep opponent deep. • Can use forehand to dictate play from different areas of court. • Drop-shots when inside baseline. | <ul style="list-style-type: none"> • Performs dynamic split-step slightly after opponent's contact, with quick movements in all directions. • Drop-steps and crosses for deep balls. • Performs quick shuffle up, back or to side. | <ul style="list-style-type: none"> • Increased extension through hitting zone for deep balls. • Adjusts backswing according to type of shot hitting or receiving. |
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Serve/Return

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|--|---|--|
| <ul style="list-style-type: none"> • Can serve to three spots—wide/body/T—on deuce and ad courts. • More consistent second serve with depth and spin. • Plays return rising or falling. | <ul style="list-style-type: none"> • Increased leg drive on first and second serves. • Position inside or behind baseline on return with quick first step (step out) to ball. | <ul style="list-style-type: none"> • Palm is down on hitting arm during backswing. • Adjusts backswing for different types of returns. |
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Transition

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|---|--|---|
| <p>Comes to net in different ways—groundstroke approach with topspin or slice, midcourt or drive volley, sneak or delay attack.</p> | <ul style="list-style-type: none"> • Uses different stances for transition groundstrokes and volleys. • Performs scissor-kick on deeper overheads. | <ul style="list-style-type: none"> • Adjusts backswing and follow-through on transition groundstrokes and volleys according to type of shot hitting or receiving. • Head still and shoulder over shoulder for overhead. |
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Other

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| <ul style="list-style-type: none"> • Developing a weapon. • Can play two up in doubles, poach effectively and switch with partner. • Slides on clay for wide and short balls. | | |
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PERSON

GAME

- Consistent routines before, during and after matches.
- Analyzes own performance after match.
- Recognizes effort in self and opponents.

CHARACTER

- Resilient.
- Sets simple goals.
- Works independently.