



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 out of the air with each hand.
- Catches ball while moving with partner, on bounce or out of the air.
- From baseline, throws overhand into deuce and ad-court service boxes.

PLAYER

HEAD

FEET

HANDS

Baseline

- Rallies consistently to center of court with depth and increased net height.
- Rallies slice forehand and backhand with partner from inside service box.

- Hits with square stance during rally and developing open stance on wide balls.
- Performs crossover step on wide-ball recovery.

Unit turn with circular motion on backswing for forehand and backhand.

Serve/Return

- Serves consistently in box from both sides.
- Returns consistently to center of court with depth.

- Front foot angled toward net post and back foot parallel with baseline.
- Moves up to return second serve and recovers diagonally back to baseline.

- Developing continental grip on serve.
- Maintains unit turn on return.

Transition

- Rallies volley to groundstroke at medium speed.
- Hits approach shot and volley combination from racquet feed.
- Hits overhead to left and right sides.

- Moves diagonally into court for approach shot and moves inside service box for volley.
- Split-steps and moves forward and diagonal for volley.

Developing volley with continental grip.

Other

Understands basic doubles positions.

PERSON

GAME

- Calls score out clearly when serving.
- Uses traditional tennis scoring—15, 30, 40, etc.
- Can play a single short set or best of three.

CHARACTER

- Works within a team.
- Asks and responds to coach's questions.
- Encourages partners and teammates.



ATHLETE

FEET

- Performs carioca with change of direction.
- Backpedals at medium speed and remains balanced.
- Balances on one leg and performs activities such as catching and tossing large ball.
- Skips forward with high knees and coordinated arms.
- Moves rapidly through cones in zigzag pattern on balance.

HANDS

- Tosses and catches smaller ball with each hand, using different combinations of hands and feet.
- Throws small ball up and out over back fence into court.

PLAYER

HEAD

FEET

HANDS

Baseline

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • During rally, can hit with depth and direction to different targets. • More consistent topspin on forehand and backhand with increased speed. • Developing a slice on low, midcourt balls. | <ul style="list-style-type: none"> • Hits with square/open/semi-open stance on forehand and backhand, depending on situation. • Uses ground force/kinetic chain. • Moves forward and backward in a diagonal and arrives on balance. | <ul style="list-style-type: none"> • Consistent grip changes from forehand to backhand. • Non-dominant hand on throat. • Developing consistent contact point in front of body. • For slice, developing a continental grip and one-hand backhand. |
|--|--|--|

Serve/Return

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Increased racquet head speed on first serve and able to use spin on second serve. • Directs first serve to either forehand or backhand. • Returns second serve to either forehand or backhand. | <ul style="list-style-type: none"> • Increased use of leg drive. • Developing open stance return off of first serve and square stance on second serve. | <ul style="list-style-type: none"> • Learning to lead with tossing arm. • More compact backswing when returning on the rise. |
|--|--|--|

Transition

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Recognizes short ball to attack. • Angles high volley and hits low volley deep. • Hits overhead to left and right with depth. | <ul style="list-style-type: none"> • Moves forward and turns to hit approach with good spacing. • Uses hop move on square stance approach shot. | <ul style="list-style-type: none"> • More compact backswing on approach. • Developing a one-hand backhand volley with non-dominant hand on throat. |
|---|---|--|

Other

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Developing a short slice angle from inside service line. • Lobs over net player and passes down the line. • Plays one up/one back in doubles. | <p>Recovers behind baseline after defensive shots.</p> | |
|---|--|--|

PERSON

GAME

- Understands important rules of tennis.
- Scores a short set using ad or no-ad scoring.
- Understands personal strengths and weaknesses.

CHARACTER

- Able to problem-solve.
- Shows respect for opponent and officials.
- Able to accept feedback and work on improvement.



ATHLETE

FEET

- With eyes forward and head still, remains balanced while running and stopping in different directions and patterns.
- Skips for height and distance, driving with arms.
- Jumps side to side and front and back continuously on one leg.
- Able to jump from one foot to two feet in various patterns and directions while remaining balanced.
- Jumps rope with two feet using single jumps.

HANDS

- With partner, alternates tossing two balls back and forth on ground and in the air while moving.
- Throws a spiral with a small football.
- Throws ball from baseline past opposite baseline.

PLAYER

HEAD

FEET

HANDS

Baseline

- Plays deep baseline shots on the rise and learning to take midcourt ball on the rise.
- Consistent shape and spin from baseline.
- Exploits opponent's weaknesses.
- Changes tempo of rallies for offense and defense.

- More dynamic split-step, landing on opponent's contact.
- Steps out and performs crossover when running to wide ball.
- Recovers according to location and type of shot.

- Earlier preparation for balls on the rise.
- Backswing on same side of body.
- Follow-through adjusts according to directional intent and speed/spin.

Serve/Return

- Developing a basic routine before serve.
- Serves to three spots—wide/body/T—on deuce and ad courts.
- Establishing serve and first-ball combinations.
- Attacks weak second serve on the rise and comes to net.

- Lands on front foot and returns to ready position.
- Steps out on returns and sets outside leg behind ball.
- Uses hop move on weak second-serve return and split-step inside of service box.

- Consistent toss from inside of front leg.
- Shoulder over shoulder when hitting up on serve.
- Rotates trunk for unit turn off of open-stance return.

Transition

- Hits drive volley on high, midcourt balls.
- Hits behind opponent on first volley.
- Plays deep volley and short angle with spin.
- Moves back for overhead near service line and controls direction.

From ready position, steps with opposite foot for volley.

Volleys with blocking motion, racquet head above wrist.

Other

- Establishing a "favorite side" from baseline.
- Developing topspin and chip lobs.
- Two at net in doubles and communicates with partner.

PERSON

GAME

- Prepares equipment, water, and supplies on their own
- Able to solve disputes with the opponent
- Identify game style and weaknesses of opponent

CHARACTER

- Can acknowledge others' successes.
- Taking responsibility for own actions.
- Learning to make decisions.