



ATHLETE

FEET

- Runs coordinating opposite arm and leg.
- Walks backward with head over shoulder.
- Shuffles in three directions—sideways, forward and backward.
- Jumps over line and lands on balance—sideways and forward.
- Hops on one foot and lands on two.
- Runs in zigzag pattern through cones.

HANDS

- Tosses and catches large ball with two hands, at center, left and right.
- Tosses smaller ball with dominant hand to left, right and center targets.
- Catches smaller ball with two hands at center, left and right side of body.

PLAYER

HEAD

FEET

HANDS

Baseline

- Rolls and sends ball with racquet along ground in different directions.
- Maintains rolling rally with partner, sending and receiving to left, right and center.
- Self-rallies in small space.
- Drop-hits to large target.

- Keeps ball to side of body.
- Creates space using adjustment steps.
- Returns to home base after moving to ball.

- Keeps racquet on edge; wrist still when rolling ball.
- Extends racquet and hand in direction of ball when sending.

Serve/Return

Puts ball in play with underhand toss and sends with racquet.

Ready position facing partner.

Tosses with limited backswing and controlled follow-through.

PERSON

GAME

- Counts rallies and tasks performed.
- Understands “in” and “out” for boundaries.
- Starts rally/point with roll or hand toss.

CHARACTER

- Understands importance of giving best effort.
- Follows basic instructions.
- Is nice to others and shares.



ATHLETE

FEET

- Runs, stops and changes direction.
- Runs and changes speeds—slow, medium, fast.
- Walks backward and forward on line, looking over shoulder.
- Gallops.
- Skips and changes direction on balance.
- Jumps over line (both feet) sideways, forward and backward.

HANDS

- Tosses and catches large ball high/low, deep/short with partner.
- Tosses smaller ball with each hand to left, right and center targets.
- Catches smaller ball after bounce with one hand.
- Performs basic clapping sequences with partner while shuffling.
- Throws overhand to large target.

PLAYER

HEAD

FEET

HANDS

Baseline

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| <ul style="list-style-type: none"> • Rallies with partner in small space without net. • Alternate-sides self-rallies. • Drop-hits side to side, high/low and deep/short. • Hits ball tossed by partner to left, right and center. | <ul style="list-style-type: none"> • Ready position with two hands on racquet. • Moves in multiple directions and recovers to center. • Uses feet to turn shoulder for square stance. | <ul style="list-style-type: none"> • Forehand grip—Eastern. • Backhand grip—bottom hand Eastern forehand to continental; top hand Eastern forehand. • Simple low-to-high swing path, directing hand/racquet to target. |
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Serve/Return

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| <ul style="list-style-type: none"> • Serves underhand or overhand into correct box, standing inside service line. • Directs return of serve back to server. | <ul style="list-style-type: none"> • Shoulder turned with feet at 45 degrees. • Faces server in ready position and recovers to center after return. | <p>Serve grip between continental and Eastern forehand with simple motion.</p> |
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Transition

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| <p>Volleys ball tossed by partner to left, right and center.</p> | <p>From ready position, steps with opposite foot for volley.</p> | <p>Volleys with blocking motion; racquet head above wrist.</p> |
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PERSON

GAME

- Scores with visual aid.
- Calls ball “in” or “out.”
- Knows where to stand for serve and return.

CHARACTER

- Listens and follows directions.
- Cooperates with partner and takes turns.
- Says “thank you.”



ATHLETE

FEET

- Jogs backward while looking over shoulder and maintaining balance.
- Pivots forward and backward.
- Hops on one leg and lands on balance.
- Skips forward and backward.
- Jumps rope with two feet using half-jumps.

HANDS

- Tosses smaller ball with left and right hands to multiple targets—center, side-to-side, high/low and deep/short.
- Catches smaller ball with right hand on right side and left hand on left.
- Tosses smaller ball with partner while shuffling, and changes direction.
- Throws overhand into deuce and ad-court service boxes, standing inside service line.

PLAYER

HEAD

FEET

HANDS

Baseline

- Rallies over net with partner from service line.
- Hits ball tossed by partner side to side, deep/short and high/low.

Recovers by shuffling or running back to center when deep or outside court.

- Performs unit turn with racquet up on forehand and backhand.
- Rotates trunk with controlled follow-through on forehand and backhand.

Serve/Return

- Serves overhand to opponent's forehand and backhand.
- Returns second serve deep in court.

Returns to ready position after serve.

- Serve grip between continental and Eastern forehand.
- Both hands start on racquet and move down and up together.

Transition

- Hits approach shot and volley combination from hand/racquet-feed.
- Directs volley deep and short from hand/racquet-feed.

- Moves forward after approach shot and split-steps before volley.
- Moves forward and diagonally when stepping to volley.

- Volley grip between continental and Eastern forehand.
- Developing one-handed backhand volley.

PERSON

GAME

- Remembers score and announces it.
- Understands winning by one or two.
- Shakes hands with opponent.

CHARACTER

- Able to make choices.
- Respects coach, partner and equipment.
- Follows the rules.



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

- Rallies crosscourt, down the line and side to side with partner from baseline.
- Developing topspin groundstrokes during rally situations.
- Hits slice on forehand and backhand from hand/racquet-feed.
- Hits to open space during play.
- Learning to take deep ball on the rise.

- Plays open/semi-open stance on wide and deep balls.
- Steps out with outside foot for unit turn.
- Recovers off-center according to direction of shot hit.
- Performs crossover steps on wide-ball recovery.

- Non-dominant hand on throat for ready position.
- Proper use of non-dominant hand on forehand unit turn and preparation.
- Uses circular motion on forehand and backhand swing path.

Serve/Return

Developing slice and body serve.

Coordinates knee bend with top of toss.

- Serves with continental grip.
- Continuous service motion with toss above head.

Transition

- Directs second-serve return to opponent's forehand and backhand.
- Hits approach shot to one side and volleys to open court.
- Hits overhead to center of court.

- Moves up to return second serve.
- Steps out and across for volley.
- Uses square stance for overhead.

- Volleys with continental grip.
- Developing one-handed backhand volley with non-dominant hand on throat of racquet.
- Establishes "trophy" position for overhead preparation.

PERSON

GAME

- Understands faults and lets for serve.
- Can play best-of-three tiebreaks.
- Practices with friends and/or family.

CHARACTER

- Works within a team.
- Ask questions and responds to coach's questions.
- Compliments partners and teammates.