

JUNIOR 4

WHAT THE PLAYERS WILL LEARN

- Start, stop and balance movement skills.
- Serving overarm with a simple shortened action from the service line and understanding court positions for serving and receiving.
- Understanding and using an athletic ready position.
- Recognising the height, depth, pace and direction of a moving ball.
- To volley with a push action on both sides and with control.
- Hitting forehands and backhands with a focus on preparation and swing control.
- Rallying with a coach or partner understanding the difference between cooperative and competitive.
- The names of basic shots and court lines.
- Playing singles and doubles points with basic understanding of court positions.

Players can move to Junior 3 when they can regularly achieve a 10 shot rally (5 shots each) and play and score a single and doubles match.

PERSONAL BESTS (PB's)

The coaches will occasionally set the players a skill task which will be scored and the players will be given a PB score. Please ask your player about their PBs

COMPETITION

Competition features in every lesson with some counting, scoring or points.

Players improve more quickly if they play outside of lessons. Ask your coach for more details of up coming competitions