

RED 3

AUTUMN TERM 2019



WHAT THE PLAYERS WILL LEARN

- Movement with changes of direction and stopping with good balance.
- Jumping, hopping and moving through obstacles.
- Activities which use the left hand, the right hand or both hands, and using different types of balls.
- All kinds of rallies with a partner – throwing and catching, throwing and hitting, rallies along the floor; always being ready to move to the ball.
- Introduction to a serve with a simple push action.
- Hitting a ball thrown by a partner before it bounces and after a bounce.
- Pushing the ball along the floor in a rally with a partner.
- Knowing the court area and lines, understanding in and out.
- How to play in a simple competition and understanding fair play.

We consider that a player is ready to move up to Red 2 when they can regularly achieve a rally of 10 shots with a coach (5 shots each), over the net into a small court area and starting with a push serve.

PERSONAL BESTS (PB's)

The coaches will occasionally set the players a skill task which will be scored and the players will receive a 'My PB' sticker. Please ask your player about the task so you know how they are progressing. Stickers are also awarded for good effort and fair play.

COMPETITION

Competition features in every lesson with some counting, scoring or points. There will be 2 sessions dedicated to competition on:

Week beginning Monday 14th October

Week beginning Monday 9th December

Players improve more quickly if they play outside of lessons. Red 3 players are encouraged to play in the Red 3 Tennis Fun Day on Sunday 3rd November 13:00 – 15:00. Please visit the BTC Reception or call 01689 880407 to book your child in.

PARENT 'DROP-IN'

Parents are invited to drop into the following sessions. Go down to court 15 minutes before the end. While players are enjoying their tennis, the coach will talk to you about what they have been learning and how they are progressing.

Week beginning Monday 9th December

Week beginning Monday 16th December