

ORANGE 1

WHAT THE PLAYERS WILL LEARN

- A variety of footwork patterns and challenging motor skills.
- Advanced coordination skills.
- Directing a serve to middle and wide.
- To develop a tactical awareness of when to approach the net and volley.
- To use topspin and slice on forehands and backhands.
- To regularly hit the ball past the service line in a rally.
- How to build a point and look for the winning shot.
- To write a report on a match played in a competition.
- The importance of fair play and respect for officials and opponents.

After Orange 1, players generally move to Green 2 when they are 10/11 years old. They do this when they can regularly achieve a 30 shot rally (15 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 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.

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