

## **ORANGE 1 AUTUMN TERM 2019**



### **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. There will be 2 sessions dedicated to a competition on:

Week beginning Monday 14<sup>th</sup> October

Week beginning Monday 9<sup>th</sup> December

Orange 1 players are encouraged to play in additional competitions outside lessons. They are a great way to improve more quickly. Competitions this term exclusively for BTC Orange 1 players are:

1. BTC Orange Match Practice – Sunday 29<sup>th</sup> September 14:30 – 16:30

How to enter: Please visit the BTC Reception or call 01689 880407 to book your child in.

Additional open competitions for Orange 1 players are:

1. BTC Mixed 9&U Singles Grade 5, Saturday 12<sup>th</sup> October
2. Sevenoaks Tennis Centre Mixed 9&U Singles Grade 5, Saturday 19<sup>th</sup> October
3. The Parklangley Club Autumn Grade 5 Mixed 9&U Singles, Thursday 24<sup>th</sup> October
4. BTC Mixed 9&U Singles Grade 5, Sunday 10<sup>th</sup> November
5. BTC Mixed 9&U Singles Grade 5, Saturday 14<sup>th</sup> December

6. BTC Christmas Mini Tournament 2019 Boys & Girls 9&U Singles Grade 4,  
28-30 December

How to enter: Please visit the LTA website

([www.LTA.org.uk/Competitions/Search](http://www.LTA.org.uk/Competitions/Search)) to enter and for further information.

Other tournament options can also be found here.

**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 9<sup>th</sup> December

Week beginning Monday 16<sup>th</sup> December