

ORANGE 3

WHAT THE PLAYERS WILL LEARN

- Forwards and backwards movements and footwork patterns.
- Throwing overarm; and throwing and catching whilst moving.
- Serving overarm with a simple shortened action from the service line to the service box and later from the orange baseline.
- To volley with a push action on both sides.
- Hitting forehands and backhands with a good position and swing.
- Rallying with a coach or partner with recovery between shots.
- The names of lines and court areas.
- Playing points in a tie break singles match.
- Playing doubles with good court positioning.

Moving up to Orange 2 varies - generally when a player can regularly achieve a 10 shot rally (5 shots each) and play and score a singles and doubles match in the orange court area, they can move to Orange 2.

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