

# RED 1 and \*

## WHAT THE PLAYERS WILL LEARN

- Movement with different footwork patterns, changes of direction and stopping with good balance.
- Catching different balls at different heights and speed and whilst moving.
- Serving consistently with a full overarm action.
- Understanding grips and how to use them.
- Volley with control and to different depths and directions plus an introduction to the overhead smash.
- Use topspin on forehands and backhands and hit short and long shots.
- Move the opponent in rallies and points.
- Use the ready position and split step in rallying.
- Playing points and mini matches in singles and doubles understanding good positioning and how to score.

Players who are keen and committed are encouraged to play at least twice a week and some may be invited to 'invitation camps' and to Kent Tennis Fun Days where they may then be invited to Kent County Training. Bromley Tennis Centre has been selected as one of the few LTA Regional Player Development Centre's and Local Player Development Centre's in the country, and talented players are continuously identified and nurtured.

Moving up to orange varies. When a player is 8-9 years old and can regularly achieve a rally of 30 shots (15 shots each) and play all the above shots, they can move to orange 2. Talented players may move earlier and be encouraged to 'double up' orange with red.

## 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. Red 1 and Red \* players are encouraged to play in additional competitions outside lessons. They are a great way to improve more quickly.