

ORANGE 2

SPRING TERM 2019

WHAT THE PLAYERS WILL LEARN

- Dynamic movements which encourage good posture and balance
- Sidestepping and other footwork patterns
- Catching and throwing with a variety of height, pace and speed
- Serving with a full overarm action and good ball toss
- To approach the net and do a basic volley or smash
- Hitting forehands and backhands with good swing shape and control
- Rallying with a partner or coach
- Be a scorer for a singles match with other players
- Rallying with a partner with good shots and moving the opponent around
- Understand all the basic rules of the game
- Play a tie break singles match and doubles match and calling the score
- Good sportsmanship and match manners

Moving up to Orange 1 varies - generally when a player can regularly achieve a 20 shot rally (10 shots each) and play and score a singles and doubles match in the orange court area, they can move to Orange 1.

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 11th February

Week beginning Monday 25th March

Orange 2 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 2 players are:

1. BTC Orange Match Practice – Sunday 10th February 14:30 – 16:30
2. BTC Orange Match Practice – Sunday 31st March 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 2 players are:

1. BTC Boys & Girls 9&U Singles Grade 5, Sunday 20th January

2. Old Wilsonians Mixed 9&U Singles Grade 5, Sunday 10th February
3. The Parklangley Club Spring Grade 5 Mixed 9&U Singles, Thursday 21st February
4. BTC Boys & Girls 9&U Singles Grade 5, Sunday 3rd March

How to enter: Please visit the LTA website

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

Other tournament options can also be found here.

If you're unsure if your child is ready for competition, please speak with your child's coach or email the programme team at info@bromleytenniscentre.co.uk.

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 25th March

Week beginning Monday 1st April