

ORANGE 2

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.

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