

RED 2

AUTUMN TERM 2019



WHAT THE PLAYERS WILL LEARN

- Overarm throwing with accuracy and control.
- Running, stopping, changing direction, jumping and turning.
- Serving with a short overarm action into the service box from the service line.
- Hitting a volley at the net on the forehand side and the backhand side.
- Directing forehands and backhands cross court and down the line.
- The 'ready position' and recovery between shots in a rally.
- How to play points and mini matches knowing the lines and using simple scoring.

NB: at the Red 2 stage the players use a $\frac{3}{4}$ court area from service line to service line.

We consider that a player may be ready to move to Red 1 when they can regularly achieve a rally of 20 shots with a partner (10 shots each) over the net, in $\frac{3}{4}$ of the red court and starting with a short action overarm serve.

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 competition on:

- Week beginning Monday 14th October
- Week beginning Monday 9th December

Red 2 players are encouraged to play in additional competitions outside lessons. They are a great way to improve more quickly. Competitions this term for Red 2 players are:

1. Red Beginner Tournament – Saturday 12th October 14:30 – 16:30
2. Red Beginner Tournament - Saturday 7th December 14:30 – 16:30

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

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 9th December
- Week beginning Monday 16th December