



wilton
TENNIS CLUB

**8 &
UNDER**



MINI TENNIS **RED 3 AWARD**

CONGRATULATIONS!

PLAYER:

Coach:

Term:



RULES OF TENNIS

I keep the score well when playing a match

I understand which side I should be serving from during a match

I fully understand how to play an official match without assistance

THROWING AND CATCHING SKILLS

I can catch the ball with my playing hand

I can catch the ball with my non-playing hand

I can throw the ball over the net overarm with my playing hand

I can throw the ball over the net with my non-playing hand

GROUNDSTROKES

I regularly swing over my shoulder on my forehand and have good balance

I regularly swing over my shoulder on my backhand and have good balance

VOLLEYS

In a rally / point, I can approach the net and play volleys

In a point, I can get to the net and hit winning volleys

SERVE

I serve with half a swing

I serve with a full swing

My second serve goes upwards off my racket

My first serve goes downwards off my racket with power

RALLYING

I can rally to 10 with a partner

I can rally to 15 with a partner

I can rally to 20 with a partner

COMPETITION

I am ready to play tournaments (sign up for a rating on the LTA website)

I can accept both winning and losing

I compete fairly

GROUP RECOMMENDATION FOR NEXT TERM

RED ☐

ORANGE ☐

AUTUMN ☐

SPRING ☐

SUMMER ☐
BOOKINGS FOR NEXT TERM OPENS:
DATE:
NEXT TERM STARTS ON:
DATE:

Please make next terms bookings at booking.wiltontennisclub.co.uk