



**11 &
UNDER**

JUNIOR TENNIS YELLOW 1 AWARD

CONGRATULATIONS!

PLAYER:

Coach:

Term:



RULES OF TENNIS

I know what is in and out			
I know the difference between 1st & 2nd bounce			
I know the names of all the lines on the court			

GROUNDSTROKES

I play my forehands and backhands from the middle of the court			
I play my forehands and backhands from three quarters of the court			
I play my forehands and backhands from the back of the court			
I can get most forehands and backhands in with basket drills			

VOLLEYS

I play my forehand volley with one hand			
I play my backhand volley with two hands			

SERVE

I serve with half a swing			
I serve with a full swing			
I serve from three quarters of the court and crosscourt			
I serve from the back of the court and crosscourt			
I can get my serve in over 50% of the time			

RALLYING (REFER TO GROUNDSTROKES SECTION TO SEE WHERE THEY ARE PLAYING FROM)

I can push rally to 10 with my coach			
I can push rally to 15 with my coach			
I can push rally to 10 with another player			
I can push rally to 15 with another player			

COMPETITION (REFER TO GROUNDSTROKES SECTION TO SEE WHERE THEY ARE PLAYING FROM)

I can play points when we start without the serve			
I can play points when we start with the serve			
I fully understand all the competitive games that we play			

GROUP RECOMMENDATION FOR NEXT TERM **YELLOW** ☐ **PERFORMANCE** ☐
AUTUMN ☐
SPRING ☐
SUMMER ☐
BOOKINGS FOR NEXT TERM OPENS:
DATE:
NEXT TERM STARTS ON:
DATE:

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