



wilton
TENNIS CLUB

AGES
3&4

MINI TENNIS **TOTS AWARD**

CONGRATULATIONS!

PLAYER:

Coach:

Term:



RULES OF TENNIS

I know what's in and out

I know the difference between 1st & 2nd bounce

THROWING AND CATCHING SKILLS

I can catch the ball after one bounce when dropping it

I can throw the ball overarm over the net

RACKETS SKILLS

I can balance the bean bag on the racket in a race

I can balance a tennis ball on the racket whilst moving

GROUNDSTROKES

I can get in my forehand position when asked to without help

I can get in my backhand position when asked to without help

I can change between my forehand and backhand without help

I can hit the ball after one bounce regularly

I hit over 50% of my forehands over the net

I hit over 50% of my backhands over the net

VOLLEYS

I contact the ball for most of my volleys

I hit most of my volleys over the net

SERVE

When the coach throws the ball, I can make contact above my head

RALLYING

I can play floor tennis with a partner

COMPETITION

I fully understand the games we play and understand the rules

I always listen and follow the coaches instruction

GROUP RECOMMENDATION FOR NEXT TERM
TOTS ☐
RED ☐
AUTUMN ☐
SPRING ☐
SUMMER ☐
BOOKINGS FOR NEXT TERM OPENS:
DATE:
NEXT TERM STARTS ON:
DATE:

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