

**8 &
UNDER**

**MINI
TENNIS
RED 1 & 2
AWARD**

CONGRATULATIONS!

PLAYER: *Sophie Taylor*

Coach: *Bruno Sterner*

Term: *Spring 2024*

Group: *Red 1*



RULES OF TENNIS

I know what's in and out	✓		
I know what all of the lines on the court are called	✓		

RACKET SKILLS

I can do 10 tap-ups with one bounce		✓	
I can do 10 tap-downs with one bounce		✓	

THROWING AND CATCHING SKILLS

I can consistently catch when a ball is thrown to me	✓		
I can consistently throw a ball overarm over the net	✓		

GROUNDSTROKES

I play my forehands and backhands close to the net		✓	
I play my forehands and backhands from the middle of the court		✓	
I play my forehands and backhands from the back of the court		✓	
I can push my forehand and freeze	✓		
I can push my backhand and freeze	✓		
I follow through on to my shoulder on my forehand		✓	
I follow through on to my shoulder on my backhand		✓	

SERVE

I serve from close to the net with the coach throwing the ball		✓	
I serve from close to the net and I do the ball toss		✓	
I serve from the middle of the court over the net and crosscourt	✓		
I serve from the back of the court and crosscourt			✓

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

I can push rally to 5 with my coach on my forehand	✓		
I can push rally to 5 with my coach on my backhand	✓		
I can push rally to 10 with my coach on my forehand	✓		
I can push rally to 10 with my coach on my backhand	✓		
I can push rally to 10 with my coach on my forehand and backhand combined	✓		

COMPETITION

I fully understand all the competitive games that we play	✓
---	---

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