



**8 &  
UNDER**

# MINI TENNIS **RED 1 & 2 AWARD**

**CONGRATULATIONS!**

PLAYER: *Matt Samson*

Coach: *Otto Sterner*

Term: *Spring 2024*

Group: *Red 2*



**RULES OF TENNIS**

I know what's in and out	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know what all of the lines on the court are called	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**RACKET SKILLS**

I can do 10 tap-ups with one bounce	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I can do 10 tap-downs with one bounce	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**THROWING AND CATCHING SKILLS**

I can consistently catch when a ball is thrown to me	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can consistently throw a ball overarm over the net	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**GROUNDSTROKES**

I play my forehands and backhands close to the net	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I play my forehands and backhands from the middle of the court	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I play my forehands and backhands from the back of the court	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I can push my forehand and freeze	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can push my backhand and freeze	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I follow through on to my shoulder on my forehand	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I follow through on to my shoulder on my backhand	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**SERVE**

I serve from close to the net with the coach throwing the ball	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I serve from close to the net and I do the ball toss	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I serve from the middle of the court over the net and crosscourt	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I serve from the back of the court and crosscourt	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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

I can push rally to 5 with my coach on my forehand	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I can push rally to 5 with my coach on my backhand	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I can push rally to 10 with my coach on my forehand	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can push rally to 10 with my coach on my backhand	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I can push rally to 10 with my coach on my forehand and backhand combined	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**COMPETITION**

I fully understand all the competitive games that we play	<input checked="" type="checkbox"/>
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**GROUP RECOMMENDATION FOR NEXT TERM**
**RED** ☐
**ORANGE** ☒
**AUTUMN** ☐
**SPRING** ☐
**SUMMER** ☒
**BOOKINGS FOR NEXT TERM OPENS:**
**DATE:**     
**NEXT TERM STARTS ON:**
**DATE:**     

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