



**8 &  
UNDER**

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

**CONGRATULATIONS!**

PLAYER: *Amanda Truelove*

Coach: *Otto Sterner*

Term: *Winter 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	✓
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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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