

8 &
UNDER

MINI TENNIS RED 1 & 2 AWARD

CONGRATULATIONS!

PLAYER: *Sophie Taylor*

Coach: *Bruno Sterner*

Term: *Winter 2024*

Group: *Red 1*



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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RACKET SKILLS

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

GROUNDSTROKES

I play my forehands and backhands close to the net	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I follow through on to my shoulder on my forehand	<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I serve from close to the net and I do the ball toss	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I serve from the middle of the court over the net and crosscourt	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I serve from the back of the court and crosscourt	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can push rally to 5 with my coach on my backhand	<input checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can push rally to 10 with my coach on my forehand and backhand combined	<input checked="" type="checkbox"/>	<input 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:

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