

**11 &
UNDER**

**JUNIOR
TENNIS
YELLOW
2 & 3 AWARD**

CONGRATULATIONS!

PLAYER: *Michael Shaw*

Coach: *Otto Sterner*

Term: *Autumn 2024*

Group: *Yellow 3*



RULES OF TENNIS

I keep the score well when playing a match	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I understand which side I should be serving from during a match	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I fully understand how to play a match without assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

GRIPS

I can change between my forehand and backhand grip	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I can change to a chopper grip to hit a dropshot	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I use a chopper grip on my serve	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

GROUNDSTROKES

I regularly swing over my shoulder on my forehand and have good balance	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I play my forehand with topspin	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I regularly swing over my shoulder on my backhand and have good balance	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I play my backhand with topspin	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VOLLEYS

In a rally / point, I can approach the net and play volleys	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I can hit my approach shot to one side and volley to the space	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
In a point, I can get to the net and hit winning volleys	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

SERVE

I can hit my first serve with power	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I can hit slice on my second serve	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I can accurately aim my serve	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

RALLYING

I can rally to 20 with a partner	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
My groundstrokes are consistent when playing points	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

COMPETITION

I am ready to play tournaments (sign up for a rating on the LTA website)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When competing I regularly play with topspin	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When competing I use a chopper grip on my serve	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

GROUP RECOMMENDATION FOR NEXT TERM **YELLOW** ☐ **PERFORMANCE** ☒
AUTUMN ☐
SPRING ☒
SUMMER ☐
BOOKINGS FOR NEXT TERM OPENS:
DATE: 0 6 0 1

NEXT TERM STARTS ON:
DATE: 0 1 0 1

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