



**8 &
UNDER**

**MINI
TENNIS
RED 3
AWARD**

CONGRATULATIONS!

PLAYER: *Mark Okeif*

Coach: *Otto Sterner*

Term: *Spring 2024*



RULES OF TENNIS

I keep the score well when playing a match	✓		
I understand which side I should be serving from during a match		✓	
I fully understand how to play an official match without assistance	✓		

THROWING AND CATCHING SKILLS

I can catch the ball with my playing hand			✓
I can catch the ball with my non-playing hand		✓	
I can throw the ball over the net overarm with my playing hand		✓	
I can throw the ball over the net with my non-playing hand	✓		

GROUNDSTROKES

I regularly swing over my shoulder on my forehand and have good balance	✓		
I regularly swing over my shoulder on my backhand and have good balance	✓		

VOLLEYS

In a rally / point, I can approach the net and play volleys	✓		
In a point, I can get to the net and hit winning volleys	✓		

SERVE

I serve with half a swing		✓	
I serve with a full swing	✓		
My second serve goes upwards off my racket			✓
My first serve goes downwards off my racket with power	✓		

RALLYING

I can rally to 10 with a partner	✓		
I can rally to 15 with a partner		✓	
I can rally to 20 with a partner	✓		

COMPETITION

I am ready to play tournaments (sign up for a rating on the LTA website)	✓		
I can accept both winning and losing	✓		
I compete fairly	✓		

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