



wilton
TENNIS CLUB

**8 &
UNDER**



MINI TENNIS **RED 3 AWARD**

CONGRATULATIONS!

PLAYER: *Mark Okeif*

Coach: *Otto Sterner*

Term: *Winter 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