



# HOT SHOTS

@CARLDOUGLASCORACHING



## Rally Awards Roadmap

SERVE, RALLY, SCORE, COMPETE



@CarlDouglasCoaching

# WELCOME..

## MEET YOUR COACH

Hello my name is Carl Douglas. I am an experienced LTA Accredited + tennis coach and RPT Tennis Instructor working at a number of community tennis clubs in Suffolk on the East coast of England.

I am passionate about grassroots community tennis. This is where the journey begins for most players, Emma Raducanu's own journey began at her local club in Bromley and its where I believe future champions will come from.

I have over 15 years experience as a club coach, have worked in primary and secondary schools and am a fully trained LTA Youth coach, a national programme that has so far introduced over 50,000 kids to the game of tennis.



*Coach Carl*



# PARENTS..



## Dear parent/guardian

Thank you for letting your child participate in our LTA Youth squads and/or 1:1 lessons. We hope they have will have lots of fun while developing skills that are crucial to the sport of tennis.

Tennis is a relatively complex sport to learn as it requires considerable hand/eye co-ordination, anticipation, movement and the ability to send and receive moving objects. Not to mention the need to understand how to judge depth, spin, speed, height, angles and a brilliant but rather confusing scoring system. And finally you have the tactical and mental skills needed to figure out how to win matches. As you can see, there's a lot going on BUT once mastered tennis becomes a fantastic lifelong sport, providing endless fun, physical exercise, social interaction and for those who want to pursue it, lots of competitive opportunities too!.

Given all of the above, our LTA Youth Tennis squads place considerable emphasis on Agility, Balance and Co-ordination (ABC's) which are crucial foundational skills for tennis. We also develop the simple racket skills needed to serve, rally and score. We will of course continue to build these skills but want to challenge and reward the kids even more using stickers and certificates associated with our new **LTA Youth/Hot Shots Development Roadmap**.

Each child in our programme will receive an A5 development roadmap folder which will include their current "**Task**" card detailing a series of activities they need to master. Once they can demonstrate mastery of the activities listed on the Task card, they will receive a Certificate of Achievement for that level before being issued with the next "Task" card. In this way they can progress through our roadmap as their skills develop.

The Roadmap is based on LTA Youth principles using low compression balls, smaller rackets and smaller courts and progresses from **BLUE-RED-ORANGE-GREEN-YELLOW**. As a parent, you can use the roadmap as an opportunity to track and help in your child's progress. Note that children develop at different rates so we encourage parents to practice the skills with their child or you may wish to consider Individual 1:1 lessons in addition to the weekly squad training.

The roadmap will take a number of years to complete and gets progressively more difficult so please be patient and **encourage** your child at all stages of their tennis journey

Regards,

[@CarlDouglasCoaching](https://www.instagram.com/CarlDouglasCoaching)



# THE PLAN..



## PRACTICE, PRACTICE

Its much easier to find your way if you plan your journey and break it down into bitesize stages. Our Roadmap is based on LTA Youth principles using low compression balls, smaller rackets and smaller courts and progresses from BLUE-RED-ORANGE-GREEN-YELLOW.

As a parent, you can use the roadmap as an opportunity to track and help your child's progress. Note that children develop at different rates so we encourage parents to practice the skills with their child.

You may also wish to consider Individual 1:1 lessons in addition to the weekly squad training in order to accelerate development.

The roadmap will take a number of years to complete and gets progressively more difficult so please be patient and encourage your child at all stages of their tennis journey



**"THERE'S NO WAY  
AROUND THE HARD  
WORK...EMBRACE IT"**

**Roger Federer**

# ROADMAP...



**WORK THROUGH THE STAGES, ENJOY THE JOURNEY, ITS NOT A RACE!!**

Players who are new to the game will start at the BLUE stage but those who have previous playing experience may begin further along the Roadmap. The coach will assess and decide the starting point for each player and communicate this to the player and their parent



Additional support in the form of 1:1 lessons may also be considered to accelerate development. Speak to the coach to check for availability and costs

# CONDUCT..



**\*\*APPLIES TO "ALL" PLAYERS, PARENTS AND SPECTATORS**

**C**

## **Coaches**

We will show respect to coaches and volunteers at all times

**H**

## **Honesty**

We will never cheat or try to win points unfairly

**A**

## **Attention**

We will stop when asked, listen and follow instructions

**M**

## **Motivation/Maximum effort**

We will try our best in all warm ups, on court drills and matches

**P**

## **Persevere**

We will work hard at new drills in order to improve our skills

**I**

## **Include**

We will make sure that everybody feels included at all times

**O**

## **Opportunity/Optimism**

Opportunity/Optimism, we will demonstrate a "can do", positive attitude towards ourselves, other players, coaches and volunteers at all times

**N**

## **Never give up**

We will continue to try our hardest no matter what.

**S**

## **Sportsmanship**

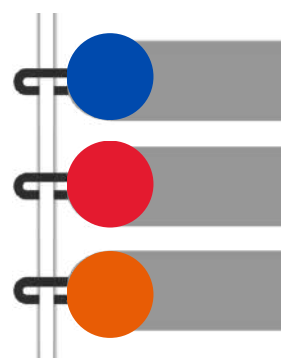
Sportsmanship, we will play fairly and will be respectful of our opponents, officials and spectators at all times, whether we are in a winning or losing situation





# STAGES..

## STAGE NOT AGE APPROACH



### BLUE Stage

Kids will improve their balance, agility and co-ordination through fun games while learning how to play the sport we love. At this stage it's not about winning or losing, it's getting to grips with the basics.



### RED Stage

Kids start to practise overarm serves, volleys and learn how to rally, whilst developing their co-ordination, balance, speed and agility. Still with soft balls and small courts they'll be introduced to relaxed competition too.



### ORANGE Stage

Kids are converted into more than just one-shot wonders. Time to throw in some tactics, problem-solving and guides to sportsmanship and leadership. They'll know all of the rules and will be serving and returning.



### GREEN Stage

It's time for kids to play on full size courts. Now it's all about growing their game by fine tuning and refining the techniques they've learned so far. Kids should now be in a position to act more independently on court.



### YELLOW Stage - HOT SHOTS (11+)

It's all about playing on a full size court with the same size balls the pros use. Kids will continue to explore different styles on court and start to choose their own. By this point we hope kids will be tennis players, and fans of the game for life!

**Note** - stages are age/ability related, if you are completely new to tennis start at BLUE stage, players with some experience will be assessed by the coach in order to define where to start their journey from

# SMART..



## ALL GOALS BASED ON LTA YOUTH AND S.M.A.R.T PRINCIPLES



### SPECIFIC

The task cards define what the kids are trying to achieve at each stage/substage of the roadmap e.g. what are we trying to achieve at BLUE stage 5 etc



### MEASURABLE

Casual observation (no formal assessment) within squad sessions and or 1:1 sessions by the **coach** will be used to decide when a specific goal has been met



### ACHIEVABLE

Each stage e.g. BLUE is broken down into a number of sub stages (BLUE5/BLUE10/BLUE15/BLUE20) so that the goals set are achievable. As players develop, the goals progress with them but remain achievable



### REALISTIC

All the goals defined are realistic and relevant to the skills required for tennis and in line with the LTA Youth programme from the ABC's (Agility, Balance, Coordination) through to the ability to serve, rally and score



### TIME RELATED

Kids develop at different rates but by breaking each stage down into sub stages and defining the goals within Task cards we can help each child to make progress and to see their own development journey

**Note** - stages are age/ability related, if you are completely new to tennis start at BLUE stage, players with some experience will be assessed by the coach in order to define where to start their journey from



# GOALS..

## SIMPLE "SMART" GOALS DEFINED IN "TASK" SHEETS



Each child in our programme will receive an A5 development roadmap folder which will include their current "Task" card detailing a series of activities/goals they need to master.

### HOT SHOTS

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## BLUE 5

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

Item	Task description	Done?
1	<b>SERVE</b> - players must "throw" a ball or bean bag a short distance using a simple overarm action to a target area (hoops) attached to fence. Suggested distance for this task - outside tramline to fence, score 5 hoops in 1 minute	
2	<b>RALLY</b> - players have 3 attempts to maintain a simple 5 shot "bump up" ground-stroke self rally using forehands and/or backhands strokes. Try to complete the task by staying within the confines of a service box	
3	<b>COME TO NET</b> - players have 3 attempts to catch and return 5 bean bags in a row on their racket using a volley (open face, push style action). All feeding to be done by the coach/leader	
4	<b>SCORE &amp; COMPETE</b> - players are able to maintain a simple 5 stroke "floor" rally in a defined space (hit the ball through cones) and understand that the ball must go through the cones to remain in play.	
5	<b>CONDUCT</b> - players are able to demonstrate the principles behind our CHAMPIONS code of conduct behaviour policy "C" respect coaches/leaders, "H" honesty, "A" pays attention, "M" maximum effort, "P" positive attitude, "I" includes everyone, "O" optimistic about improving, "N" never gives up, "S" great sportsmanship at all times	
6	<b>Note: all above activities to be completed using a RED tennis ball. Any space can be used, but if have access to a tennis court, suggested spaces are given for some specific activities (see above)</b>	

Coach feedback:

### HOT SHOTS

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## BLUE 10

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

Item	Task description	Done?
1	<b>SERVE</b> - players must "throw" a ball or bean bag a short distance using a simple overarm action to a target area (hoops) attached to fence. Suggested distance for this task - inside tramline to fence, score 10 hoops in 1 minute	
2	<b>RALLY</b> - players have 3 attempts to maintain a simple 5 shot "bump up" ground-stroke self rally using forehands and/or backhands strokes. Task MUST be completed by staying within the confines of a service box	
3	<b>COME TO NET</b> - players have 3 attempts to catch and return 5 balls in a row on their racket using a volley (open face, push style action). All feeding to be done by the coach/leader	
4	<b>SCORE &amp; COMPETE</b> - players are able to maintain a simple 10 stroke "floor" rally in a defined space (hit the ball through cones) and understand that the ball must go through the cones to remain in play.	
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Coach feedback:

### HOT SHOTS

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## BLUE 20

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

Item	Task description	Done?
1	<b>SERVE</b> - players must hit 5/10 serves over net using a simplified (slingshot or bump serve) action from close to the net	
2	<b>RALLY</b> - players have 3 attempts to maintain a 5 shot rally (including forehands and backhands) over and in from close to the net with the coach/leader	
3	<b>COME TO NET</b> - players have 3 attempts to hit 5/10 volleys over the net using both forehands and backhands	
4	<b>SCORE &amp; COMPETE</b> - players are able to maintain a simple 5 stroke "bump it up" groundstroke rally with the coach/leader over a net, understand what's "in" and "out" and are able to comprehend a simple scoring mechanism i.e first to 5 wins or battle cones	
5	<b>CONDUCT</b> - players are able to demonstrate the principles behind our CHAMPIONS code of conduct behaviour policy "C" respect coaches/leaders, "H" honesty, "A" pays attention, "M" maximum effort, "P" positive attitude, "I" includes everyone, "O" optimistic about improving, "N" never gives up, "S" great sportsmanship at all times	
6	<b>Note: all above activities to be completed using a RED tennis ball within the confines of the RED court (see diagram)</b>	

Coach feedback:

### HOT SHOTS

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## RED 5

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

Item	Task description	Done?
1	<b>SERVE</b> - players must hit 5/10 serves over net using a simplified (slingshot or bump serve) action from mid court	
2	<b>RALLY</b> - players have 3 attempts to maintain a 5 shot rally (including forehands and backhands) over and in from mid court with the coach/leader	
3	<b>COME TO NET</b> - players have 3 attempts to hit 5/10 volleys over the net after moving in from the mid court (forehands and backhands)	
4	<b>SCORE &amp; COMPETE</b> - players and coach/leader serve using simplified method alternately for 5 points. At the end of each point the player has to explain who won the point and why	
5	<b>CONDUCT</b> - players are able to demonstrate the principles behind our CHAMPIONS code of conduct behaviour policy "C" respect coaches/leaders, "H" honesty, "A" pays attention, "M" maximum effort, "P" positive attitude, "I" includes everyone, "O" optimistic about improving, "N" never gives up, "S" great sportsmanship at all times	
6	<b>Note: all above activities to be completed using a RED tennis ball within the confines of the RED court (see diagram)</b>	

Coach feedback:

### HOT SHOTS

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## RED 10

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

Item	Task description	Done?
1	<b>SERVE</b> - players have 3 attempts to hit 7/10 serves cross court into the service box from their service line. The player alternates the side they serve from	
2	<b>RALLY</b> - players have 3 attempts to have a rally of 10 (including forehands and backhands) over and in from just behind the service line with a coach/leader	
3	<b>COME TO NET</b> - players must hit 7/10 sets of 1 approach shot and 1 volley in the court starting from just behind the service line (forehands and backhands)	
4	<b>SCORE &amp; COMPETE</b> - players spin for serve and play a 10 point tie break, or 10 minute timed match, calling the score and their own lines and demonstrating that they understand the importance of controlling the ball in order to keep the play within the confines of the court to maximise their chances of winning	
5	<b>CONDUCT</b> - players are able to demonstrate the principles behind our CHAMPIONS code of conduct behaviour policy "C" respect coaches/leaders, "H" honesty, "A" pays attention, "M" maximum effort, "P" positive attitude, "I" includes everyone, "O" optimistic about improving, "N" never gives up, "S" great sportsmanship at all times	
6	<b>Note: all above activities to be completed using a RED tennis ball within the confines of the RED court (see diagram)</b>	

Coach feedback:

### HOT SHOTS

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## RED 20

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

Item	Task description	Done?
1	<b>SERVE</b> - players must hit 7/10 serves accurately to the returners forehand or backhand (as directed). The player alternates the side they serve from and plays a 3 shot rally with the coach/leader (serve, return, 1st groundstroke)	
2	<b>RALLY</b> - players have 3 attempts to have a rally of 20 over and in from just behind the baseline with a coach/leader. A variety of shots (angles, deep, short) should be demonstrated along with good "shape" on the ball	
3	<b>COME TO NET</b> - players must hit 7/10 sets of 1 approach shot, 2 volleys and a smash in the court starting from just behind the baseline (forehands and backhands)	
4	<b>SCORE &amp; COMPETE</b> - players play a 10 point tie break, or 10 minute timed match, calling the score and their own lines and demonstrating excellent preparation, anticipation, movement and recovery skills alongside well developed tactical awareness and resilience. Compete in 1 in-house (Team Challenge, Match Week) + 1 external (Tennis GP, LTA Youth Matchplay) competition	
5	<b>CONDUCT</b> - players are able to demonstrate the principles behind our CHAMPIONS code of conduct behaviour policy "C" respect coaches/leaders, "H" honesty, "A" pays attention, "M" maximum effort, "P" positive attitude, "I" includes everyone, "O" optimistic about improving, "N" never gives up, "S" great sportsmanship at all times	
6	<b>Note: all above activities to be completed using a RED tennis ball within the confines of the RED court (see diagram)</b>	

Coach feedback:

# TASK CARD

SEE BELOW FOR EXAMPLE TASK CARD



## RED 10

Name :

\_\_\_\_\_

Start date :

\_\_\_\_\_

<u>Item</u>	<u>Task description</u>	<u>Done?</u>
1	<b>SERVE</b> - players have 3 attempts to hit 7/10 serves cross court into the service box from their service line. The player alternates the side they serve from	
2	<b>RALLY</b> - players have 3 attempts to have a rally of 10 (including forehands and backhands) over and in from just behind the service line with a coach/leader	
3	<b>COME TO NET</b> - players must hit 7/10 sets of 1 approach shot and 1 volley in the court starting from just behind the service line (forehands and backhands)	
4	<b>SCORE &amp; COMPETE</b> - players spin for serve and play a 10 point tie break, or 10 minute timed match, calling the score and their own lines and demonstrating that they understand the importance of controlling the ball in order to keep the play within the confines of the court to maximise their chances of winning	
5	<b>CONDUCT</b> - players are able to demonstrate the principles behind our CHAMPIONS code of conduct behaviour policy "C" respect coaches/leaders, "H" honesty, "A" pays attention, "M" maximum effort, "P" positive attitude, "I" includes everyone, "O" optimistic about improving, "N" never gives up, "S" great sportsmanship at all times	
6	<b>Note: all above activities to be completed using a RED tennis ball within the confines of the RED court (see diagram)</b>	

Coach feedback :

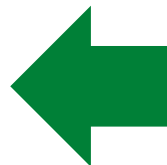
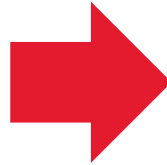
 Coach Carl
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# REWARDS..



## ENCOURAGE DEVELOPMENT, CELEBRATE ACHIEVEMENT

Once they can demonstrate mastery of the activities listed on the Task card, they will receive a **Certificate of Achievement** for that level before being issued with the next "Task" card. In this way they can progress through the roadmap as their skills develop..





# ROADMAP...



**WORK THROUGH THE STAGES, ENJOY THE JOURNEY, ITS NOT A RACE!!**

Players who are new to the game will start at the BLUE stage but t

**LTA YOUTH**  
CARL DOUGLAS COACHING

RECOGNISED VENUE  
LTA YOUTH  
RECOGNISED VENUE

Good Luck

PLAYER NAME: LILY S

MINI TENNIS DEVELOPMENT ROADMAP

YELLOW

**HOT SHOTS**  
@CARLDOUGLASCOACHING

GA+  
COACH  
ACCESSIBILITY

# TARGET..



## READINESS FOR YELLOW BALL TENNIS

The target is to get kids to a point where they can play YELLOW ball tennis on a standard court. By this point we hope kids will be confident tennis players, and fans of the game for life!



### CERTIFICATE OF ACHIEVEMENT

This Certificate is Presented To :

*Maia B*



For successfully completing all required elements (serve, rally, score, compete) of the Carl Douglas Coaching/LTA Youth YELLOW award at the indicated grade.

*31 Dec 2023*

DATE

*C Douglas*

COACH





# FEEDBACK..

## WHAT DO PARENTS AND KIDS THINK?

We have had some fantastic feedback from both parents and kids about the launch of our Rally Awards Roadmap. Here are just a small selection of comments..



"Thanks for the folders, girls are excited to look through and find out their next steps"



"great see this new reward and recognition scheme"



"a great idea, helping to keep them focused and encouraging practice"



"kids love the roadmap and are excited about getting to next level"





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# DISCLAIMER

Carl Douglas Tennis Coaching requires any students under the age of 18 to seek parent/guardian approval before taking part in this programme. Parent/s\* or legal guardian/s emergency contact details must be provided when signing up

Carl Douglas Tennis Coaching strongly recommends that you consult with your doctor before beginning any exercise program. Additionally you understand that when participating in any exercise program, there is the possibility of physical injury. If you choose to engage in any of the exercises highlighted in this program, you agree to do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Carl Douglas Tennis Coaching from any and all claims or causes of action, known or unknown, arising out of your participation.

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