

BLUE 10

Name :

Start date :

| Item | Task description | Done? |
|------|------------------|-------|
|------|------------------|-------|

| | | |
|----------|--|--|
| 1 | SERVE - 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 | RALLY - 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 | COME TO NET - 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 | SCORE & COMPETE - 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. | |
| 5 | CONDUCT - 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 | 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) | |

Coach feedback :

