

BLUE 15

Name :

Start date :

Item	Task description	Done?
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1	SERVE - players have 1 minute to trap 5 balls above head height with their racket against a fence using a simplified feeding and serving action	
2	RALLY - players have 3 attempts to maintain a simple 5 shot "bump up" ground-stroke rally using forehands and/or backhands strokes with the coach/leader over an imaginary net (cones or line)	
3	COME TO NET - players stand near the net and have 3 attempts to return 5 balls in a row using a simplified volley technique (open racket face, push style action). All feeding to be done by the coach/leader	
4	SCORE & COMPETE - players are able to maintain a simple 5 stroke "bump it up" groundstroke rally with the coach/leader in a defined space over an imaginary net (cones, lines), knows the difference between "in" and "out" and can follow a simple scoring system e.g. first to 5 wins or battle cones timed match scoring	
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 :



Coach Carl