



HOT SHOTS

@CARLDOUGLASCOACHING

BLUE 20

Name :

Start date :

Item

Task description

Done?

1	SERVE - players must hit 5/10 serves over net using a simplified (slingshot or bump serve) action from close to the net	
2	RALLY - 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	COME TO NET - players have 3 attempts to hit 5/10 volleys over the net using both forehands and backhands	
4	SCORE & COMPETE - players are able to maintain a simple 5 stroke "bump it up" groundstroke rally with the coach/leader over a net, understand whats "in" and "out" and are able to comprehend a simple scoring mechanism i.e first to 5 wins or battle cones	
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 within the confines of the RED court (see diagram)	

Coach feedback :

