

BLUE 5

Name :

Start date :

Item	Task description	Done?
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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 - outside tramline to fence, score 5 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. Try to complete the task by staying within the confines of a service box	
3	COME TO NET - 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	SCORE & COMPETE - 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	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 :

