



# HOT SHOTS

@CARLDOUGLASCORACHING

## GREEN 10

Name :

\_\_\_\_\_

Start date :

\_\_\_\_\_

Item

Task description

Done?

<b>1</b>	<b>SERVE</b> - players must hit 7/10 serves cross court from their own baseline in to their opponents service box. Serve 10 from deuce side, followed by 10 from advantage side (need 7/10 from both sides)	
<b>2</b>	<b>RALLY</b> - players have 3 attempts to maintain a 10 shot rally (counting their hits only and including forehands and backhands) over and in from the service line area with the coach/leader	
<b>3</b>	<b>COME TO NET</b> - players must hit 7/10 sets of 1 approach shot and 2 volleys in the court starting from just behind their own service line (forehands and backhands)	
<b>4</b>	<b>SCORE &amp; COMPETE</b> - players use full tennis scoring and serving to play 2 normal games (one where they are serving, the other where they are receiving) against their coach/leader. They must be able to demonstrate that they can keep score effectively and be prepared to "challenge" (within reason) any dubious line calls. Take part in at least two internal competitions (Match week, Team Challenge Festival etc)	
<b>5</b>	<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	
<b>6</b>	<b>Note: all above activities to be completed using a GREEN tennis ball within the confines of the GREEN court (see diagram)</b>	

Coach feedback :

