

## GREEN 15

Name :

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Start date :

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Item	Task description	Done?
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<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 baseline area (majority of balls should land between service line and baseline) 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 inside the baseline (mix of forehands and and backhands)	
<b>4</b>	<b>SCORE &amp; COMPETE</b> - players spin for serve and play a FAST4 set (or 15 min timed match) with coach/leader. All serves are from the baseline, normal tie-break scoring and serving rotation to be used. Take part in at least two internal competitions (Match week, Team Challenge Festival etc) + 1 external competition (LTA Youth, Tennis GP)	
<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 :



*Coach Carl*