



HOT SHOTS

@CARLDOUGLASCOACHING

ORANGE 10

Name :

Start date :

Item

Task description

Done?

1	SERVE - players must hit 7/10 serves cross court in to the service box from their service line. The player alternates the side they serve from	
2	RALLY - 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	
3	COME TO NET - players must hit 7/10 sets of 1 approach shot and 1 volley in the court starting from just behind the service line (forehands and backhands)	
4	SCORE & COMPETE - player alternate serves with coach/leader from the service line, and plays out the points. First to 10 or 10 minute timed tennis. Take part in at least two internal competitions (Match week, Team Challenge Festival etc)	
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 ORANGE tennis ball within the confines of the ORANGE court (see diagram)	

Coach feedback :

