

ORANGE 15

Name :

Start date :

Item	Task description	Done?
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1	SERVE - players must hit 7/10 serves cross court in to the service box from their baseline + be able to play a 3 shot rally (serve - opponent return - server + 1 return). 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 baseline area with the coach/leader	
3	COME TO NET - 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)	
4	SCORE & COMPETE - players spin for serve and play a best of 3 set tiebreak match (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)	
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 :



Coach Carl