

## ORANGE 20

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 in to the service box defined zone (out wide or down T) 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	
<b>2</b>	<b>RALLY</b> - players have a max of 3 x 90 second attempts to maintain a 20 shot rally (using forehands and backhands) over and in from the baseline area with the coach/leader. Only the outside shot must be used (no running around shots) and the majority of shots should be landing (deep i.e between service line and baseline of their rallying partner).	
<b>3</b>	<b>COME TO NET</b> - players have 3 attempts to get 20 out of 25 shots in using a 5 sets format of an approach shot + 2 volleys + smash + finishing volley/smash. Start each set from just inside the baseline (mix of forehands and and backhands)	
<b>4</b>	<b>SCORE &amp; COMPETE</b> - players play best of 3 tiebreaks or a 15 minute timed tennis match. The players are given information about their opponent's strengths and weaknesses and must implement an effective strategy in their match which they should be able to explain to the coach Take part in at least two internal competitions (Match week, Team Challenge Festival etc) + 2 external competitions (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 ORANGE tennis ball within the confines of the ORANGE court (see diagram)</b>	

Coach feedback :

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