



# HOT SHOTS

@CARLDOUGLASCOACHING

## RED 10



Name :

\_\_\_\_\_

Start date :

\_\_\_\_\_

Item

Task description

Done?

<b>1</b>	<b>SERVE</b> - players have 3 attempts to hit 7/10 serves cross court into the service box from their service line. The player alternates the side they serve from	
<b>2</b>	<b>RALLY</b> - players have 3 attempts to have a rally of 10 (including forehands and backhands) over and in from just behind the service line with a coach/leader	
<b>3</b>	<b>COME TO NET</b> - 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)	
<b>4</b>	<b>SCORE &amp; COMPETE</b> - players spin for serve and play a 10 point tie break, or 10 minute timed match, calling the score and their own lines and demonstrating that they understand the importance of controlling the ball in order to keep the play within the confines of the court to maximise their chances of winning	
<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 RED tennis ball within the confines of the RED court (see diagram)</b>	

Coach feedback :

