

RED 15


Name :

Start date :

Item	Task description	Done?
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1	SERVE - players have 3 attempts to hit 7/10 serves cross court into the service box from their baseline. The player alternates the side they serve from and plays a 3 shot rally with the coach/leader (serve, return, 1st groundstroke)	
2	RALLY - players have 3 attempts to have a rally of 15 (including forehands and backhands) over and in from just behind the baseline with a 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 behind the baseline (forehands and backhands)	
4	SCORE & COMPETE - 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 the ability to turn and move to the ball with adequate spacing (receive skills), to time their swing to return the ball under control (send skills) and to recover after each shot (recovery and preparation skills). Compete in 1 in-house competition (Team Challenge, Match Week, Tennis 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 RED tennis ball within the confines of the RED court (see diagram)	

Coach feedback :



Coach Carl