

RED 20

Name :

Start date :

Item	Task description	Done?
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1	SERVE - players must hit 7/10 serves accurately to the returners forehand or backhand (as directed). 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 20 over and in from just behind the baseline with a coach/leader. A variety of shots (angles, deep, short) should be demonstrated along with good "shape" on the ball	
3	COME TO NET - players must hit 7/10 sets of 1 approach shot, 2 volleys and a smash in the court starting from just behind the baseline (forehands and backhands)	
4	SCORE & COMPETE - players play a 10 point tie break, or 10 minute timed match, calling the score and their own lines and demonstrating excellent preparation, anticipation, movement and recovery skills alongside well developed tactical awareness and resilience. Compete in 1 in-house (Team Challenge, Match Week) + 1 external (Tennis GP, LTA Youth Matchplay) competition	
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 :

