

## RED 5

Name :

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Start date :

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<u>Item</u>	<u>Task description</u>	<u>Done?</u>
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<b>1</b>	<b>SERVE</b> - players must hit 5/10 serves over net using a simplified (slingshot or bump serve) action from mid court	
<b>2</b>	<b>RALLY</b> - players have 3 attempts to maintain a 5 shot rally (including forehands and backhands) over and in from mid court with the coach/leader	
<b>3</b>	<b>COME TO NET</b> - players have 3 attempts to hit 5/10 volleys over the net after moving in from the mid court (forehands and backhands)	
<b>4</b>	<b>SCORE &amp; COMPETE</b> - players and coach/leader serve (using simplified method) alternately for 5 points. At the end of each point the player has to explain who won the point and why	
<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 :

