

Class Competencies

ORANGE PLUS



Update: 9/13/2017

| | Feet | Hands |
|----------------|--|---|
| Athlete | <ul style="list-style-type: none"> • Performs carioca with change of direction. • Backpedals at medium speed and remains balanced. • Balances on one leg and performs activities such as catching and tossing large ball. • Skips forward with high knees and coordinated arms. • Jumps over line with one foot and remains balanced (forward and side). • Moves rapidly through cones in zigzag pattern on balance. | <ul style="list-style-type: none"> • Tosses and catches smaller ball with each hand, using different combinations of hands and feet. • Throws small ball up and out over back fence into court. |

| | Head | Feet | Hands |
|---------------|--|--|---|
| Player | <i>Baseline</i> | | |
| | <ul style="list-style-type: none"> • During rally, can hit with depth and direction to different targets. • More consistent topspin on forehand and backhand with increased speed and depth. • Developing a slice on low, midcourt balls. | <ul style="list-style-type: none"> • Learning to hit with square/open/semi-open stance on FH and BH, depending on situation. • Moves forward and backward in a diagonal and arrives on balance. • Learning to recovers off-center according to direction of shot hit. | <ul style="list-style-type: none"> • Consistent grip changes from FH to BH • Non-dominant hand on throat. • Developing consistent contact point in front of body. • For slice, developing a continental grip and one-hand backhand. |
| | <i>Serve & Return</i> | | |
| | <ul style="list-style-type: none"> • Directs first serve to either forehand or backhand. • Returns second serve to either forehand or backhand. • Returns consistently to center of court with depth. | <ul style="list-style-type: none"> • Developing open stance return off of first serve and square stance on second serve. | <ul style="list-style-type: none"> • Learning to lead with tossing arm. • More compact backswing when returning on the rise. |
| | <i>Transition</i> | | |
| | <ul style="list-style-type: none"> • Recognizes short ball to attack. • Hits overhead with directional control. • Directs volley deep and short from hand/racquet-feed. | <ul style="list-style-type: none"> • Moves forward and turns to hit approach with good spacing. • Developing split-steps and forward/diagonal movement for volleys. | <ul style="list-style-type: none"> • More compact backswing on approach. • Developing a one-hand backhand volley with non-dominant hand on throat. • Learning “trophy” pose for overhead. |
| | <i>Other</i> | | |
| | <ul style="list-style-type: none"> • Lobs over net player and passes down the line in dbs. • Plays one up/one back in doubles (dbs). | <ul style="list-style-type: none"> • Learning to recover behind baseline after defensive shots. | |

| | Game | Character |
|---------------|---|---|
| Person | <ul style="list-style-type: none"> • Understands important rules of tennis. • Scores a short set using ad or no-ad scoring. • Understands personal strengths and weaknesses. | <ul style="list-style-type: none"> • Shows respect for opponent and officials. • Able to accept feedback and work on improvement. |