

# 2020 GOLD COAST RED BALL TOURNAMENT CICRCUIT COMPETENCY CHECKLIST

*To be signed by each player, and their coach, prior to entry into their first RTC event.*

CLUB:

DATE:

PLAYER NAME:

COACH NAME:

SIGNATURE:

SIGNATURE:

## RED BALL STAGE 3 COMPETENCIES

**Typical Age:** 5–8 years

**Racquet Size:** 21–23 inch

**Court Size:** 6 m × 10.97m

**Ball:** 25% compression red ball

### Serve

- Serve ball over the net with a racquet, performing an overarm service action for first and second serves, in a crosscourt direction (to land in “deuce” and “ad” service box) to the forehand and backhand side of a partner in a competitive activity

### Movement

- Maintain balance while moving sideways (i.e. side step), forwards and backwards
- Move quickly in different directions with the ability to stop with balance during competitive rally activities

### Ground Strokes

- Return a partner-fed ball using a forehand or backhand in a down-the-line or crosscourt direction during cooperative and competitive activities
- Move efficiently (forwards, backwards, sideways) to receive the ball during cooperative and competitive activities

### Volley

- Volley the ball using a simple forehand & backhand action in a crosscourt and down-the-line direction, from a ready position with correct footwork
- Move towards the net, followed by a split-step prior to volleying the ball
- Approach the net, following a self-drop hit feed to a partner, who returns the ball for the player to volley back to partner (cooperatively/competitively)

### Play

- Commence a competitive rally with a drop hit forehand and/or serve into a different service box to the forehand and backhand side of a partner
- Alternate serving from “deuce” and “ad” side of court AND score competitively

### Score

- Use tennis scoring (e.g. 15-love) or other scoring systems (e.g. first to five points, best of three points)
- Knows the names of lines and areas of the court
- Demonstrate where to stand when serving (e.g. drop & hit or overhead serving) and returning (i.e. alternate serving/ return positions after each point)
- Understanding of when the serve is a fault and when the serve is a let AND learn where to stand in doubles

### Be a good sport

- Consistently compete with others in a fair, friendly and enjoyable manner
- Demonstrate tennis etiquette, such as shaking hands at end of match and applauding good play made by opponents
- Follow instructions, adhere to coaching advice and apply basic feedback

### Love the game

- Show enthusiasm and a genuine interest in improving skills
- Practice skills and play at least once a week with family or friends outside lesson times
- Participate and enjoy competitive activities appropriate to age and stage of development