



# ANZ TENNIS HOT SHOTS MATCH PLAY COMPETENCIES



## Competencies

These competencies are recommendations for participants to be eligible for ANZ Tennis Hot Shots Match Play. Participants should be able to complete at least one competency for each stage as they advance.

Red				Competencies			
<b>Serve</b>		Over arm throw to various locations on the court		Serve the ball with a drop hit forehand over a 6m net			
<b>Rally - Movement</b>		Maintain balance while moving sideways (e.g. side step) and forwards		Move quickly in different directions and be able to stop with balance		Learn to track the ball and move to its position	
<b>Rally - Groundstrokes</b>		Perform a forehand and backhand from a self-drop and hit to a partner		Move a short distance (forwards, backwards and sideways) to receive the ball (either catching a ball in a bucket, cone or with two hands) and cooperatively return the ball back to a partner			
<b>Rally - Play</b>		Commence rally by throwing the ball (using an action representing a groundstroke) to a partner who catches the ball after one bounce and throws back		Commence rally by dropping and hitting a forehand to a partner who catches the ball on one bounce and throws the ball back into play with an under arm for the rally to continue		Learn how to stand when serving (side on)	
<b>Rally - Volley</b>		Volley the ball using a simple forehand and backhand action from a ready position					
<b>Score</b>		State when the ball is in or out		Keep the score using a simple scoring system (1-0, 1-1, 2-1 etc)			
<b>Be a good sport</b>		Cooperate with others		Shake hands with opponent at the end of the match		Follow simple instructions and apply basic feedback	
<b>Love the game</b>		Participate and enjoy activities appropriate to age and stage of development					



**Orange****Competencies**

<b>Serve</b>	Consistently serve with a drop hit forehand into the service box	Serve with overarm action into the service box			
<b>Rally - Movement</b>	Maintain balance whilst moving sideways (cross-over step), forwards and backwards	Move quickly in different directions and be able to position yourself correctly to return the ball during competitive rally activities			
<b>Rally - Groundstrokes</b>	Return the serve anywhere in the court	Show increased ability to modify the speed and direction of serve return	Begin performing a drop shot, lob or passing shot	Consistently rally	
<b>Rally - Play</b>	Commence rally with serve; players have the option to drop and hit the second serve	Ability to track the ball and move towards it	Move the opponent around the court	Understand basic positioning	Commence rally with overhead serve only
<b>Rally - Volley</b>	Volley the ball using a forehand and backhand action	Approach the net at the appropriate time during a rally (off a short ball)	Volley the ball away from an opponent		
<b>Score</b>	Keep the score - points, games, sets and match	Understand the main rules of the game (choice of ends, change of ends, foot fault, positioning, tie breaks)			
<b>Be a good sport</b>	Understand the concept of fair play	Call lines and score clearly and honestly	Show respect for opponents and officials	Consistently give best effort whatever the match score or situation	Show strong positive body language during matches
<b>Love the game</b>	Consistently give best mental and physical effort	Enjoy competition in a variety of formats	Understand some tactical fundamentals	Understand personal strengths and identify areas of improvement	

## Green

## Competencies

<b>Serve</b>	Serve with a coordinated, balanced and continuous service action	Place the serve in different locations in the service box (crosscourt or down the middle)	Differentiate speed between first and second serves – offensive serve on first serve and neutral on second serve			
<b>Rally - Movement</b>	React quickly and adapt footwork/movement patterns (forwards, backwards and sideways)	Move quickly in different directions and be able to position yourself correctly to consistently return the ball (down the line, cross-court, down the middle) during competitive rally activities				
<b>Rally - Groundstrokes</b>	Modify stance and court positioning for first and second serves	Modify the speed and direction of return of serve	Perform topspin on both forehand and backhand during a competitive rally as well as slice on the backhand if required	Move opponent by changing the direction and speed of the ball during a competitive rally	Perform a drop shot, lob or passing shot during a competitive rally	
<b>Rally - Play</b>	Begin to anticipate flight and direction of the ball	Understand basic positioning and tactics in doubles	Maintain coordinated stroke production during rally	Maintain consistency during a competitive rally, limit directional change and anticipate opponent's shot from their court position	Increase rally tempo by attacking balls inside baseline at various heights on forehand and backhand	Observe opponent's strengths and weaknesses, and identify own game style, strengths and weaknesses
<b>Rally - Volley</b>	Volley the ball away from an opponent after moving forward and performing a split-step during a competitive rally situation		Hit a drive volley and overhead to different locations		Hit first volley and second volley combinations (doubles)	
<b>Score</b>	Keep the score – points, games, sets and match		Understand game rules for non-umpired matches			
<b>Be a good sport</b>	Play honestly and fairly	Show good sportsmanship	Display independence (organise own equipment for matches and practice)		Manage emotions in a competitive situation	
<b>Love the game</b>	Play at least once a week with family or friends outside of coaching	Work on improving a skill and trying to perform it better	Reflect on own match performance regardless of match outcome		Understand how to access local competitions and tournaments	