



RED PLAYER 01

NAME:

SCORE:

HEAD

BASELINE

Rallies crosscourt, down the line and side to side with partner from baseline.

① ② ③

Developing topspin and slice on ground strokes.

① ② ③

Hits to open space during play.

① ② ③

SERVE/RETURN

Developing slice serve.

① ② ③

Serves overhand to opponent's forehand and backhand.

① ② ③

NET PLAY

Hits approach shot to one side and volley to other.

① ② ③

Hits approach shot and volley combination from hand/racquet feed.

① ② ③

GAME

Understands faults and lets for serve. ① ② ③ Remembers score and announces it. ① ② ③

Can play best-of-three tiebreaks. ① ② ③

Practices with friends and/or family. ① ② ③

FEET

Recovers according to direction of shot hit.

① ② ③

Crossover steps on wide ball and recovers.

① ② ③

Coordinates knee bend with top of toss.

① ② ③

Return to ready position after serve.

① ② ③

HANDS

Non-dominant hand on throat for ready position.

① ② ③

Uses circular motion on backswing for forehand and backhand.

① ② ③

Racquet up on backswing for forehand and backhand.

① ② ③

Developing continental grips on serves and volleys.

① ② ③

Both hands move down and up together on serve.

① ② ③