



### Mini Tennis Red Award 1



Approximate court size: Halfway between the net and mini Red court service line  
 Approximate age: 4-5 years

	<b>Game situation</b>	<b>Skill</b>
1.1	When serving	Can serve over-arm with ball and racket held together in a <i>high five</i> starting position and use racket to <i>push</i> ball over net. Semi-open stance. <i>Where strings go, ball goes!</i>
1.2	When serving	Can make contact above the head after a <i>high five</i> starting racket position and ball placement with non-dominant hand using <i>1-2 timing</i> . Stance open/face-on.
2.1	When throwing	Can underarm throw with <i>slower to faster rhythm</i> to a partner with ball landing in front of them. Stance semi-open. Can catch ball after one bounce with 2 hands.
2.2	When throwing	Can throw over-arm over the net from pre-throw position. Stance semi-open, elbow level with shoulder, upper-arm to lower arm 90 degrees. Non-dominant arm slightly raised above head height pointing towards direction of throw.
3.1	When playing FH & BH	Can accurately <i>floor rally</i> to a partner showing correct <i>set-up</i> with semi-open stance, stable wrist behind contact and maintaining <i>hitting zone</i> (strings pushing towards target). Can wait to receive in a 'ready position' and can stop ball.
3.2	When playing FH	With <i>shake-hands/eastern grip</i> can show a <i>beat the bounce starting position</i> with <i>semi-open stance</i> and racket at contact point <i>level to stable wrist (triangle)</i> . Can send ball over net from coach/leader hand-feed with a lower to higher push feeling maintaining hitting zone (stable wrist, strings towards target).
3.3	When playing BH	With correct hand positions on racket (dominant below) can show a <i>beat the bounce starting position</i> with <i>semi-open stance</i> and racket at contact point <i>level to stable wrist (triangle)</i> . Can send ball over net from coach/leader hand-feed with a lower to higher push feeling maintaining hitting zone (stable wrist, strings towards target).
3.4	When playing FH & BH	From a <i>ready position (wide base, athletic look)</i> can, following coach command, find the <i>beat the bounce starting position</i> on FH and BH side and then receive the ball and play shot as in 3.2 & 3.3.
3.5	When playing FH	Can play FHs in succession (building towards a rally) from 'starting position' with the coach/leader taking a 'timing touch'.
3.6	When playing FH & BH	From a ready position can <i>read</i> and <i>call out</i> whether ball is being thrown by coach/leader to FH or BH side.
4.1	When volleying	Can show a FH & BH <i>show the strings starting position</i> (racket just off upright) in semi-open stance and can <i>bump</i> ball back over net from a coach/leader hand-feed.
5.1	At play	Can count shots <i>in and out</i> and understands successful attempts..
6.1	The learner	Can listen and carry out instructions from the coach/leader with diminishing parental support from the side to do so. Says thanks and gives a high five!