



### Mini Tennis Red Award 3



Approximate court size: Red-court service line (singles line of full court when play width-ways)

Approximate age: 5-7

	Game situation	Skill
1.1	When serving	Can start a rally with an under-arm serve from behind the service line into diagonal service box. Semi-open stance, racket prepared to side of body, behind and slightly below intended contact, with an <i>up/down ball placement</i> (palm up and ball is lifted gently before falling).
1.2	When serving	From pre-throw starting position, semi-open stance (elbow to side, upper-arm to arm and upper-arm to trunk angle approx 90 degrees) can place ball with non-dominant hand above head height, in front of and level with height of tip of racket. Can make contact above head and can hit ball over net with some arm extension to the ball. Feet still throughout, with tip-stance encouraged on finish.
2.1	When throwing	Can under-arm throw with correct rhythm (slow to faster) accurately from half-way between service line and net to a partner on opposite service line. Semi-open stance, and tip-stance finish.
2.2	When throwing	Can over-arm throw from good <i>pre-throw position</i> (neutral stance, elbow to shoulder line is level, palm facing out, upper arm to arm and upper arm to trunk angle approximately 90 degrees) from service line into diagonal service box/and or beyond. Tip stance finish.
3.1	When playing FH	Can, from a ready position with shake-hands/eastern FH grip, receive a ball from coach/leader/peer by making small <i>unit turn</i> (open gate, strings still largely behind ball though further back than contact point) to <i>beat the bounce</i> and play back over the net with a small lower to higher <i>swing feel</i> (speed before and after contact) with more extended follow-through towards target.
3.2	When playing BH	Can, from a ready position with both hands shake-hands/eastern FH grip, receive a ball from coach/leader/peer by making small <i>unit turn</i> (open gate, strings still largely behind ball though further back than contact point) to <i>beat the bounce</i> and play back over the net with a small lower to higher <i>swing feel</i> (speed before and after contact) with more extended follow-through toward target.
3.3	When rallying	Can have a service to service line rally with a coach/leader who takes a timing touch to give 'time' for player to recover back to ready position. Is beginning to see a wider or shorter on-oncoming ball and respond with movement to find contact to side and in front of body.
3.4	When rallying	Can demonstrate <i>bounce/hit</i> timing with contact at top of bounce or marginally on the fall.
3.5	When rallying	Can have a peer to peer rally from half-distance service-line to net.
4.1	When at net	Volley – from a ready position can receive a ball from coach/leader/peer feed by moving to a <i>show the strings</i> (racket at 45 degrees) starting position in semi-open stance and can 'bump' ball back over net on both FH and BH sides. Can lead with 'heel of hand' to create leading bottom edge and rainbow shape to ball trajectory. Overhead – can set-up in high five starting position (semi-open stance) and play a ball back down into court off coach/leader feed.
5.1	At play	Is beginning to play the real game and understands the 'magic 5 ways' of winning losing a point. Has taken part in a club 'play the game' session and is a mini-member. <u>Magic 5</u> 1. Double fault 2. Double bounce 3. In net

		4. Out 5. Miss Can begin to keep a mini-red 'play the game' score.
5.2	The learner	Can listen and carry out instructions from the coach/leader with no parental support from the side to do so. Can greet a coach 'hello' and can thank them at end of session with a high 5! Sticks at it – 75% attendance or more.
5.3	The learner	Can begin to reflect on <i>what to do differently next time</i> (self-correction)