



Mini Tennis Red Award 4



Approximate court size: Full Red court
Approximate age: 6-8

	Game situation	Skill
1.1	When serving	Can start a point from the baseline with an over-arm serve into the diagonal service box from pre-throw starting position, semi-open stance (elbow behind and level with shoulder, upper-arm to arm and upper-arm to trunk angle approx 90 degrees) using the beginnings of a throwing action with the racket. From the pre-throw position hitting arm first bends to begin racket drop behind back and elbow starts to climb as strings are presented underneath ball before contact. Tip stance finish.
1.2	When serving	Can show an understanding of how to coordinate & separate arms (non-dominant arm up to place ball in air, dominant arm back and away to prepare racket to throw) for future development of a full serving action.
2.1	When throwing	Can under-arm throw with correct rhythm (slower-faster) to short, medium and deeper targets with tip-stance finish showing understanding of back to front foot weight transfer.
2.2	When throwing	Can over-arm throw from good <i>pre-throw position</i> (side-on, elbow to shoulder line is level, palm facing out, upper-arm to arm and upper-arm to trunk angle approx 90 degrees) from service line into diagonal service box/and or beyond. Can show slight tilt of shoulders to increase height of throw. 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 longer lower to higher <i>swing feel</i> (speed before and after contact) with more extended follow-through, elbow pointing towards target and level with shoulder.
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 longer lower to higher <i>swing feel</i> (speed before and after contact) with more extended follow-through, non-dominant elbow pointing towards target and level with shoulder.
3.3	When rallying	Can have a baseline to baseline rally with a coach/leader recovering to a ready position and is beginning to 'see' a wider, shorter, or deeper on-coming ball and respond with preparation and movement to find balanced contact.
3.4	When rallying	Can demonstrate <i>bounce/hit</i> timing with contact at top of bounce or marginally on the fall. Can call out 'split' when partner contacts the ball and at this moment can be <i>ready</i> .
3.5	When rallying	Can have a peer to peer rally from service line to service line.
4.1	When at net	Can play both FH and BH volleys from ready position at net (finding 45 degree <i>show the strings starting position</i>) and direct the ball to cross-court and down-line target areas. Can lead with 'heel of hand' to create leading bottom edge and rainbow shape to ball trajectory. As well as this can show an understanding of how to arrive at net behind a shorter ball to assume good ready position. From ready position, can set-up in a side-on pre throw position and time contact to bring ball down into court.
5.1	At play	Can play the game of Mini Tennis Red and can articulate the 'magic 5 ways' of winning losing a point. Has taken part in a minimum of 4 club "Play the Game' sessions and is a mini-member.

		<p><u>Magic 5</u></p> <ol style="list-style-type: none"> 1. Double fault 2. Double bounce 3. In net 4. Out 5. Miss <p>Can keep a Mini Tennis Red tie-break score, is developing strategies to exploit opponent's space whilst controlling own.</p>
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! Sticking at it with good attendance to sessions – 75% or more.
5.3	The learner	Can begin to reflect on <i>what to do differently next time</i> (self-correction) and can articulate what went well (www) and even better if (ebi).