

# RED 2

## WHAT THE PLAYERS WILL LEARN

- Overarm throwing with accuracy and control.
- Running, stopping, changing direction, jumping and turning.
- Serving with a short overarm action into the service box from the service line.
- Hitting a volley at the net on the forehand side and the backhand side.
- Directing forehands and backhands cross court and down the line.
- The 'ready position' and recovery between shots in a rally.
- How to play points and mini matches knowing the lines and using simple scoring.

NB: at the Red 2 stage the players use a  $\frac{3}{4}$  court area from service line to service line.

We consider that a player may be ready to move to Red 1 when they can regularly achieve a rally of 20 shots with a partner (10 shots each) over the net, in  $\frac{3}{4}$  of the red court and starting with a short action overarm serve.

### PERSONAL BESTS (PB's)

The coaches will occasionally set the players a skill task which will be scored and the players will receive a 'My PB' sticker. Please ask your player about the task so you know how they are progressing. Stickers are also awarded for good effort and fair play.

### COMPETITION

Competition features in every lesson with some counting, scoring or points.

Red 2 players are encouraged to play in additional competitions outside lessons. They are a great way to improve more quickly, ask at reception for more details