

GREEN 2

WHAT THE PLAYERS WILL LEARN

- Dynamic movements which encourage good posture and balance.
- Sidestepping and other footwork patterns.
- Throwing with a variety of height, pace, speed and distance.
- Two ball juggling and other ball skills.
- Serving with a full overarm action and good ball toss.
- To approach the net and hit a basic volley or smash.
- Hitting forehands and backhands with good swing shape and control.
- Rallying with a partner or coach.
- Be a scorer for a singles match with other players.
- Rallying with a partner with good shots and moving the opponent.
- Understand all the basic rules of the game.
- Play a tie break singles match and doubles match and calling the score.
- Good sportsmanship and match manners.

Players can move to Green 1 when they can regularly achieve a 20 shot rally (10 shots each) and play and score a singles and doubles match. An older player may move directly to a Junior 3 or 2.

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.

Players improve more quickly if they play outside of lessons. Ask your coach for more details of up coming competitions