

evolution

KIDS TENNIS

Name		Date	
Coach		Group/Stage	

TACTICAL MISSIONS	1.1 ● ●	Serve & Return Self-feed to start an activity and can make a simple short serve over and in, using an overhand action	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Balanced stance <input type="checkbox"/> Split arm coordination <input type="checkbox"/> Contact point
	1	2						
	3	4						
	1.2 ●	Baseline - Direct Direct the ball towards a target by controlling my racquet face on both forehand and backhand side	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Ready position, simple turn <input type="checkbox"/> Short low to high swing <input type="checkbox"/> Contact point in front
	1	2						
	3	4						
1.3 ●	Baseline - Maintain Rally with a partner in a 4' x 4' court shape using a simple tap up action	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Ready position, simple turn <input type="checkbox"/> Short low to high swing <input type="checkbox"/> Contact point in front	
1	2							
3	4							
1.4 ● ●	Baseline - Receive Show an excellent ready position and do a throw and cone catch rally in 18' x 8' court shape	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Find space after bounce <input type="checkbox"/> Move quickly <input type="checkbox"/> Catch at contact point	
1	2							
3	4							
1.5 ●	Transition Make a simple volley with good racquet face control from both forehand and backhand side	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Ready Position, small turn <input type="checkbox"/> Keep Racquet in front <input type="checkbox"/> Contact point above wrist	
1	2							
3	4							
1.6 ● ●	Other	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Early preparation <input type="checkbox"/> Control swing length <input type="checkbox"/> Contact point in front	
1	2							
3	4							

ATHLETIC SKILLS	1.7 ●	Balance Run quickly and stop on balance with bent knees and a low wide stance, balance and hop on one leg and show and excellent ready position	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Alert ready position <input type="checkbox"/> Assessment of ball flight <input type="checkbox"/> Stop on outside foot
	1	2						
	3	4						
	1.8 ●	Body Skills Make a simple rotation off both side and throw a big ball, run in different ways, at different tempos and show good coordination between arm and leg action	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Shoulders level, head still <input type="checkbox"/> Keep hands in front <input type="checkbox"/> Body stays at same height
1	2							
3	4							
1.9 ●	Ball Skills Throw overhand and under hand accurately to a simple target. Move and catch a red ball before and after the bounce	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Side on stance, transfer <input type="checkbox"/> Palm down, elbow up <input type="checkbox"/> Extend through release	
1	2							
3	4							
1.10 ●	Agility Skip, side shuffle and zigzag between cones and through ladders	<table border="1"> <tr><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td></tr> </table>	1	2	3	4	<input type="checkbox"/> Head up, eyes still <input type="checkbox"/> Knees bent <input type="checkbox"/> Stop on outside foot	
1	2							
3	4							

WARRIOR	<input type="checkbox"/> Compete Knows where to stand to start a point. Can call in and out. Can count repetitions of a task	<input type="checkbox"/> Explore Answers basic multiple choice questions, asks questions to help understand an activity
	<input type="checkbox"/> Respect Greet the coach and other players, listens to instructions and follows directions, respect safety rules, clears court	<input type="checkbox"/> Train Can remember and repeat core drills under the coaches direction, understands when to listen and can explain set tasks

COACHES COMMENTS	
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1 Working on it	2 Getting there	3 Competent	4 Exceeds level
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Name		Date	
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TACTICAL MISSIONS	2.1 ● ●	Serve & Return Use a controlled underhand serve to start an activity and make a simple short serve into the correct box, using an overhand action	4 5 6 7	<input type="checkbox"/> Balanced stance <input type="checkbox"/> Split arm coordination <input type="checkbox"/> Contact point
	2.2 ●	Baseline - Direct Direct the ball toward targets at the back of the red court by controlling my racquet face and swing length	4 5 6 7	<input type="checkbox"/> Ready position, simple turn <input type="checkbox"/> Short low to high swing <input type="checkbox"/> Contact point in front
	2.3 ●	Baseline - Maintain Rally with a partner in a 18' x 8' sized court	4 5 6 7	<input type="checkbox"/> Ready position, simple turn <input type="checkbox"/> Short low to high swing <input type="checkbox"/> Contact point in front
	2.4 ● ●	Baseline - Receive Show an excellent ready position and do a throw and cone catch rally on a 18' x 8' court	4 5 6 7	<input type="checkbox"/> Find space after bounce <input type="checkbox"/> Move quickly <input type="checkbox"/> Catch at contact point
	2.5 ●	Transition Direct the volley to different targets	4 5 6 7	<input type="checkbox"/> Ready Position, small turn <input type="checkbox"/> Keep Racquet in front <input type="checkbox"/> Contact point above wrist
	2.6 ● ●	Other Change the length of the stroke to make a ball go deeper or shorter	4 5 6 7	<input type="checkbox"/> Early preparation <input type="checkbox"/> Control swing length <input type="checkbox"/> Contact point in front

ATHLETIC SKILLS	2.7 ●	Balance Start in an excellent ready position move to the ball stop on balance with shoulder turned	4 5 6 7	<input type="checkbox"/> Alert ready position <input type="checkbox"/> Assessment of ball flight <input type="checkbox"/> Stop on outside foot
	2.8 ●	Body Skills I can perform different clapping patterns while moving sideways with a partner	4 5 6 7	<input type="checkbox"/> Shoulders level, head still <input type="checkbox"/> Keep hands in front <input type="checkbox"/> Body stays at same height
	2.9 ●	Ball Skills Throw overhand and under hand accurately at different targets. Catch balls of different sizes before and after the bounce	4 5 6 7	<input type="checkbox"/> Side on stance, transfer <input type="checkbox"/> Palm down, elbow up <input type="checkbox"/> Extend through release
	2.10 ●	Agility I can perform a code pattern associating different color cone with a different footwork pattern fluently	4 5 6 7	<input type="checkbox"/> Head up, eyes still <input type="checkbox"/> Knees bent <input type="checkbox"/> Stop on outside foot

WARRIOR	<input type="checkbox"/> Compete Can name all parts of the court, explain how to win a point, score a tiebreak with the aid of visual scoreboard	<input type="checkbox"/> Explore Understands winning and losing, and reacts well to both, can use routines before points when serving and returning
	<input type="checkbox"/> Respect Works well with partner in cooperative tasks, thanks parents, players and coaches at the end of lesson	<input type="checkbox"/> Train Packs and carries own bag for lessons and events, has practiced a skill at home, practices drills with focus

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TACTICAL MISSIONS	3.1 ●	Serve & Return Direct the serve to the opponent's forehand or backhand side	7 8 9 10	<input type="checkbox"/> Balanced stance <input type="checkbox"/> Coordinated action <input type="checkbox"/> Contact at 12 o'clock
	3.2 ●	Baseline - Direct Direct the ball cross court and down the line with depth and change the direction of the ball all within a rally with a partner.	7 8 9 10	<input type="checkbox"/> Balanced stance <input type="checkbox"/> Contact in front <input type="checkbox"/> Hit through towards target
	3.3 ●	Baseline - Maintain Rally with a partner in a full red court, keeping them behind the baseline for 10 shots	7 8 9 10	<input type="checkbox"/> Weight transfer through shot <input type="checkbox"/> Contact in front <input type="checkbox"/> Long Full swing
	3.4 ●	Baseline - Receive React early calling out if the ball will go to the forehand or backhand side before it crosses the net	7 8 9 10	<input type="checkbox"/> Dynamic ready position <input type="checkbox"/> Early reaction, shoulder turn <input type="checkbox"/> Dynamic first step
	3.5 ●	Transition Approach the net and direct the volley away from the opponent	7 8 9 10	<input type="checkbox"/> Early racquet preparation <input type="checkbox"/> Contact in front <input type="checkbox"/> Control string to target
	3.6 ●	Other Change the length of stroke to hit the ball short and deep, faster and slower	7 8 9 10	<input type="checkbox"/> Balance on back foot <input type="checkbox"/> Control shoulder turn and swing <input type="checkbox"/> Finish on balance

ATHLETIC SKILLS	3.7 ●	Balance Move quickly to the ball and balance on outside leg. Can consistently arrive in a hitting position with the back foot behind the ball	7 8 9 10	<input type="checkbox"/> Dynamic ready position <input type="checkbox"/> Heel toe land, knees bent <input type="checkbox"/> Shoulder turned to ball
	3.8 ●	Body Skills Twist while moving sideways, jumping and throwing a big ball using two hands. Perform different clapping patterns while moving	7 8 9 10	<input type="checkbox"/> Head still and shoulders level <input type="checkbox"/> Use legs to push <input type="checkbox"/> Rotate hips through action
	3.9 ●	Ball Skills Perform two ball passing patterns with a partner including bouncing, throwing and rolling while moving sideways	7 8 9 10	<input type="checkbox"/> Head still and eyes forward <input type="checkbox"/> Maintain body height <input type="checkbox"/> Keep hands in front
	3.10 ●	Agility Skip using different stride lengths, can side shuffle and perform cross over steps	7 8 9 10	<input type="checkbox"/> Keep head at same level <input type="checkbox"/> Upper body still <input type="checkbox"/> Knees bent, land on balls of feet

WARRIOR	<input type="checkbox"/> Compete Knows all rules of the game, has competed in at least 2 world tour events within the club, keeps score without visual scoreboard	<input type="checkbox"/> Explore Answers open questions, can explain why challenging tasks aid their development, set rules and game conditions
	<input type="checkbox"/> Respect Can name the grand slam events and favorite players, helps partner or team mate in practice	<input type="checkbox"/> Train Shows a high level of effort in all drills and practices, attends practice sessions when available at the club

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7 Working on it	8 Getting there	9 Competent	10 Exceeds level
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TACTICAL MISSIONS	4.1 ●	Serve & Return	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Use legs to initiate action <input type="checkbox"/> Continental grip, high contact <input type="checkbox"/> Fluent throwing action
	10	11						
	12	13						
	4.2 ●●	Baseline - Direct	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Balanced stance <input type="checkbox"/> Increased racquet head speed <input type="checkbox"/> Start to take ball at top of bounce
	10	11						
	12	13						
4.3 ●●	Baseline - Maintain	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Use legs to initiate action <input type="checkbox"/> Accelerate through contact <input type="checkbox"/> Maintain balance on finish	
10	11							
12	13							
4.4 ●	Baseline - Receive	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Early ball flight recognition <input type="checkbox"/> Moves back and up quickly <input type="checkbox"/> Arrives on balance, outside foot	
10	11							
12	13							
4.5 ●	Transition	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Dynamic balance forward <input type="checkbox"/> Quick split and turn <input type="checkbox"/> Solid contact points to target	
10	11							
12	13							
4.6 ●●	Other	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Simple turn <input type="checkbox"/> Control of open racquet face <input type="checkbox"/> High to low swing, change length	
10	11							
12	13							

ATHLETIC SKILLS	4.7 ●●	Balance	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Head still, eyes forward <input type="checkbox"/> Active bent knees <input type="checkbox"/> Soft landings
	10	11						
	12	13						
	4.8 ●●	Body Skills	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Head still, eyes forward <input type="checkbox"/> Active bent knees <input type="checkbox"/> Relaxed arms
10	11							
12	13							
4.9 ●●	Ball Skills	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Active ready position <input type="checkbox"/> Transfer through the action <input type="checkbox"/> Hands in front on release and catch	
10	11							
12	13							
4.10 ●	Agility	<table border="1"> <tr><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td></tr> </table>	10	11	12	13	<input type="checkbox"/> Head still, eyes forward <input type="checkbox"/> Active push, small steps at start <input type="checkbox"/> Heel toe land on changes	
10	11							
12	13							

WARRIOR	<input type="checkbox"/> Compete Uses Game Scoring, has played in at least 2 world tour and one outside event, knows where to stand and serve order in doubles	<input type="checkbox"/> Explore Assess the difficulty of a task, can explain alternative ways to solve a tactical problem
	<input type="checkbox"/> Respect Shows respect for opponents, parents and officials in competitive events, manages own equipment	<input type="checkbox"/> Train Sets short term goals and has improved their score in a measurable task by practicing away from lessons

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Coach		Group/Stage	

TACTICAL MISSIONS	5.1 ●	Serve & Return Show the difference between 1st and second serves, starting to use spin. First serve keeps opponent behind baseline.	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Legs push through action <input type="checkbox"/> Grip, accelerate racquet <input type="checkbox"/> On balance at end
	13	14						
	15	16						
	5.2 ●	Baseline - Direct Keep direction and change it on short balls down the line while taking the ball on the rise.	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Balanced stance <input type="checkbox"/> Palm down, c shape swing <input type="checkbox"/> Accelerate racquet
	13	14						
	15	16						
5.3 ●	Baseline - Maintain Rally using forehand and backhand keeping opponent behind baseline for 10 shots in all directions. Use good height, spin and pace to keep opponent neutral.	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Balance and transfer <input type="checkbox"/> Accelerate racquet <input type="checkbox"/> Contact always in front	
13	14							
15	16							
5.4 ●	Baseline - Receive Anticipate if the ball will be short or deep based on my opponent's court position and swing.	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Alert, active ready position <input type="checkbox"/> Quick reaction, first step <input type="checkbox"/> Arrive on balance	
13	14							
15	16							
5.5 ●	Transition Execute and direct a midcourt volley, approach of high midcourt ball with pace and control followed by relevant volley combination	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Dynamic transition, balance <input type="checkbox"/> Efficient grips <input type="checkbox"/> Contact points in front	
13	14							
15	16							
5.6 ●	Other On a second serve return able to attack my opponent off return with direction, spin and speed	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Early shoulder turn <input type="checkbox"/> Accelerate racquet <input type="checkbox"/> Contact in front	
13	14							
15	16							

ATHLETIC SKILLS	5.7 ●	Balance Hit off different stances.	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Back foot balance on set up <input type="checkbox"/> Use of legs to transfer weight <input type="checkbox"/> Head still throughout action
	13	14						
	15	16						
	5.8 ●	Body Skills Can receive and control a ball using the specified hand, foot or knee as determined by a partner, then send back with a hit, throw or kick.	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Back foot behind ball <input type="checkbox"/> Head still, back straight <input type="checkbox"/> Quick step adjustments
13	14							
15	16							
5.9 ●	Ball Skills Bounce two balls at same time using alternate hands, toss the ball in a rainbow shape overhead from one hand to the other.	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Head still, eyes forward <input type="checkbox"/> Active ready position <input type="checkbox"/> Hands in front	
13	14							
15	16							
5.10 ●	Agility Use excellent use of varied footwork patterns to, from and around the ball to allow proper positioning for any shot.	<table border="1"><tr><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td></tr></table>	13	14	15	16	<input type="checkbox"/> Head still, eyes forward <input type="checkbox"/> Outside foot behind ball <input type="checkbox"/> Varies stride length	
13	14							
15	16							

WARRIOR	<input type="checkbox"/> Compete Follows a code of conduct, knows the procedure for calling referee in case problem occur, stays focused on court	<input type="checkbox"/> Explore Evaluate own performance including successes and what needs practice, can explain ability and effort
	<input type="checkbox"/> Respect Can show control of emotions in challenging situations and explain opportunities that exist through playing tennis	<input type="checkbox"/> Train Can give feedback on their own level of effort, arranges to practice with a partner away from the lesson

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Name		Date	
Coach		Group/Stage	

TACTICAL MISSIONS	6.1 ●●	Serve & Return Keep returner behind the baseline or outside the court on both the deuce and ad sides. Use patterns that involve the shot after the serve or return.	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Push through the legs <input type="checkbox"/> Fluent throwing action <input type="checkbox"/> Palm down and Service grip
	16	17						
	18	19						
	6.2 ●●	Baseline - Direct Make your opponent move backwards, forwards and sideways and control the center of the court.	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Early turn, and preparation <input type="checkbox"/> Take ball early <input type="checkbox"/> Change swing length
	16	17						
	18	19						
6.3 ●●	Baseline - Maintain Keep opponent behind the baseline for 10 shots, using height, speed and spin	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Early turn, excellent balance <input type="checkbox"/> Push through legs <input type="checkbox"/> Strong contact with full swing	
16	17							
18	19							
6.4 ●	Baseline - Receive Read opponent's body and racquet position to anticipate what shot they will hit next. Anticipate shorter, weaker balls	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Early reaction <input type="checkbox"/> Quick movement forward <input type="checkbox"/> Understanding of ball sent	
16	17							
18	19							
6.5 ●	Transition Move up to hit a drive volley or attack off a high mid court ball	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Appropriate set up footwork <input type="checkbox"/> Push through legs to lift center <input type="checkbox"/> Impact shoulder level in front	
16	17							
18	19							
6.6 ●●	Other Change heights, depths and speeds of the ball based on phase of play.	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Early preparation and balance <input type="checkbox"/> Changes length of swing <input type="checkbox"/> Contact point in front	
16	17							
18	19							

ATHLETIC SKILLS	6.7 ●●	Balance Rotate through big ball throwing action while in off the ground finishing on balance, with fluent recovery.	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Head still through motion <input type="checkbox"/> Efficient use of legs, push <input type="checkbox"/> Back straight through rotation
	16	17						
	18	19						
	6.8 ●	Body Skills Over different distances throw and catch one ball while also kicking a ball back and forth with a partner.	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Head still, eyes forward <input type="checkbox"/> Catch and kick in front <input type="checkbox"/> Stays light on feet
16	17							
18	19							
6.9 ●	Ball Skills Perform throwing and catching with both feet off the ground. With a partner jump, and catch a ball while in the air and bounce into the ground on the way down.	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Push through the legs <input type="checkbox"/> Whole body coordination <input type="checkbox"/> Land softly through legs	
16	17							
18	19							
6.10 ●●	Agility Maintain intensity through the point showing all phases of footwork in all areas of the court, especially when moving forwards and backing up.	<table border="1"><tr><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td></tr></table>	16	17	18	19	<input type="checkbox"/> Alert ready position <input type="checkbox"/> Quick reactions <input type="checkbox"/> Efficient movement in all 3 phases	
16	17							
18	19							

WARRIOR	<input type="checkbox"/> Compete Understands key characteristics of tennis including best of three, key points and when to attack and defend based on these situations	<input type="checkbox"/> Explore Identify the strengths and weaknesses of an opponent, and can explain tactics to counter these
	<input type="checkbox"/> Respect Can take various roles in group tasks including leader, team member, umpire and buddy coach	<input type="checkbox"/> Train Prepare and run a warm up for the group, At tournaments can check in and report for matches independently

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