

\* \* students must demonstrate proficiency to advance to next level \* \*

### RED to ORANGE

- ✓ knows and can demonstrate ready position
- ✓ knows and can demonstrate split step
- ✓ can perform basic forehand: turn/swing/follow through
- ✓ can perform basic backhand: turn/swing/follow through
- ✓ can move to a ball fed to forehand and backhand
- ✓ can consistently hit ball fed to forehand and backhand
- ✓ can perform a volley
- ✓ can identify parts of a racquet
- ✓ can identify parts of a tennis court
- ✓ stays focused
- ✓ follows directions

### ORANGE to GREEN

- ✓ can perform groundstrokes (unit turn, take back, swing, followthrough)
- ✓ can consistently move to balls fed to forehand and backhand
- ✓ can rally for a short time
- ✓ can demo different grips: forehand, backhand, volley and serve
- ✓ has consistent ball toss for serve
- ✓ can serve over the net
- ✓ knows basic rules (calls balls in/out)
- ✓ can keep score
- ✓ stays focused
- ✓ follows directions

### GREEN to ROOKIES

- ✓ can rally consistently
- ✓ can serve to the correct box
- ✓ can switch grip: forehand to backhand
- ✓ knows court position for serve and return
- ✓ knows court position for doubles
- ✓ stays focused
- ✓ follows directions

## RED

student

session  
end date

1=new skill, 2=developing, 3=proficient

knows and can demonstrate ready position

knows and can demonstrate split step

can perform basic forehand:  
turn/swing/follow through

can perform basic backhand:  
turn/swing/follow through

can move to a ball fed to forehand and backhand

can consistently hit ball fed to forehand and backhand

can perform a volley

can identify parts of a racquet

can identify parts of a tennis court

stays focused

follows directions

## ORANGE

student

session  
end date

1=new skill, 2=developing, 3=proficient

turn, take back, swing,  
followthrough)

can consistently move to balls fed to forehand and backhand

can rally for a short time

can demo different grips: forehand, backhand, volley and serve

has consistent ball toss for serve

can serve over the net

knows basic rules (calls balls in/out)

can keep score

stays focused

follows directions

## GREEN

student

session  
end date

1=new skill, 2=developing, 3=proficient

can rally consistently

can serve to the correct box

can switch grip: forehand to backhand

knows court position for serve and return

knows court position for doubles

stays focused

follows directions