

Baseline Tennis 10 & Under Competencies

The competencies listed below are guidelines that players should achieve before advancing to the next level.

Pee Wee To Red Ball 1

Forehand & Backhand:

- Ready Position
- Basic use of split step
- Square Stance
- 3 FH in a row 36' Court
- 3 BH in a row 36' Court
- Lateral movement(shuffling)

Self Starting Shots:

- Appropriate stance on drop hit
- 5 Drop hits in a row
- Overhand throwing motion
- Toss and Trap Service motion

Volley:

- Split Step
- Volley racquet above hand
- Volley to a target

Red Ball 1 To Red Ball 2

+All prior competencies

Forehand & Backhand:

- Develop Unit Turn
- Introduce simple loop
- Starting to develop topspin
- Cross court control
- Rally with pro 7 in a row

Self Starting Shots:

- 10 consecutive downs
- 10 consecutive ups
- 10 drop hits in a row
- Appropriate stance on serve
- Developing overhand serve
- Keep track of score (games to 7)

Volley:

- Split Step with Step on Volley
- Volley Down the line/Cross Court

Red Ball 2 To Orange Ball 1

+All prior competencies

Forehand & Backhand:

- Recovery steps between shots
- Diagonal movements: forwards & backwards
- Rally with pro 10 in a row
- Developed simple loop
- Combo FH & BH 7 out of 10 with orange ball

Self Starting Shots:

- Developed full service motion
- Can serve Orange Ball 60' court to the appropriate box
- more consistent toss

Volley:

- Can volley to the open court
- Can control the racquet head on Forehand & backhand (Red/Orange)

Baseline Tennis 10 & Under Competencies

The competencies listed below are guidelines that players should achieve before advancing to the next level.

Orange Ball 1 To Orange Ball 2

+All prior competencies

Forehand & Backhand:

- Uses proper grips on FH & BH
- Load: coordinated use of lower body
- Rally 15 in a row with pro
- Transition shots are developing
- Consistently contacts ball in strike zone regardless of bounce height
- Introduce slice

Self Starting Shots:

- Orange ball serve 7 out of 10 to correct box
- Understands singles and doubles positions & no ad scoring

Volley:

- Can hit low & high volleys
- Developed overhead
- Moves to the ball to volley

Orange Ball 2 To Tournament Development(Green Dot)

+All prior competencies

Forehand & Backhand:

- Tactical play is developing(vary spins, height, depth, speed)
- Capable of rallying with Green Dot Ball while maintaining technique & strike zone

Serve:

- Serve Green dot ball to correct box on regular basis (78' court)
- Developed routine before serve
- Rhythmic service motion

Volley:

- Can switch between volleys and overheads with control
- Can control volley depths

Tournament Development (Green Dot) to Tournament Training

+All prior competencies

Forehand & Backhand:

- Combo FH/BH 7 out of 10 with topspin (Down the line & Cross-court)
- Consistently recovers to correct position after each shot
- Capable of rallying yellow ball while maintaining technique and strike zone

Serve:

- Can place serve using full service motion
- Developing spin on serves

Volley:

- Can volley and hit overheads offensively

**Players are training outside of class and starting to play tournaments*