TOPTENN
Tennis Academy

RED BALL FUNDAMENTAL
Toptenn Competency Report

Feedback in regards to student progress and areas of improvement required for graduation.

Student Name

Coach Name

Term / Date

MOVEMENT

Can run forward, sidestep, jump and land with balance

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can employ lateral and forward movement when hitting running groundstrokes

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can utilise basic depth perception when moving forward through the zones of the court to judge the flight of an incoming ball

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can move and stop with balance when moving to and arriving at ball

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

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GRIPS - Can use the following grips on all shots

Serve – Continental 'Hammer' Grip

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Smash: Continental 'Hammer' Grip

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Volleys - Continental 'Hammer' Grip

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Backhand Groundstroke - Dominant hand: Continental 'Hammer' Grip, non-dominant hand: 'Eastern Backhand' (Bevel 3)

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Forehand Groundstroke - Range of acceptability: Eastern – Semi-Western (Bevel 3-4)

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

THE SERVE

Has a sound over arm throw technique

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can simultaneous execute a well-timed ball toss and over-arm throw

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can employ a 'Trophy Position' serve and successfully hit it over the net

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

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GROUNDSTROKES

Can hit a 'star-shape' forehand with a linear low-to-high swing shape, including balls fed at differing heights and speeds

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can hit a 'shine the torch' backhand with a linear low-to-high swing shape, including balls ged at different heights and speeds

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can direct groundstrokes in a general cross-court and down the line direction

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can incorporate a ready position and react with appropriate technique to a forehand and backhand incoming groundstroke

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can attain a 10-shot groundstroke rally with a coach and 4-6 shots with a similarly skilled fellow student

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

VOLLEYS

Can volley the ball using a simple 'Stop-sign' or 'High-five' volley on the forehand and backhand side

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can incorporate correct footwork when simultaneously volleying the ball

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

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VOLLEYS (continued)

Can demonstrate a split step sequence when volleying a coach fed ball – 'Snap, Crackle, Pop'

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can hit a coach fed overhead smash using the 'Trophy Position'

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

PLAY

Can commence a rally with a self-fed forehand

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can commence a rally with an over-arm throw

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can commence a rally with a "Trophy Position' serve

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can count number of shots in a rally

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can demonstrate where to stand when serving, receiving and locate the general areas/lines of the court

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can correctly call each ball 'in' or 'out'

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

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SCORE

Keep score using a basic 1,2,3,4 scoring system

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Is beginning to understand 15, 30, 40 traditional scoring system

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Knows when to change ends

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

LOVE OF THE GAME

Listens well, and follows instructions from the coach and interacts effectively with other students in the class

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Endeavours to practice skills with friends and family outside of lesson time

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Can apply simple feedback from coach

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

Shake hands with opponents at the end of a game/match

☐ **Beginning** ☐ **Improving** ☐ **Competent** ☐ **Excelling**

COACH NOTES