

# ORANGE GRADE I/C competency requirements

## Level One

### Consistently (80%)

- Drop-and-hit serve the ball over a net in a crosscourt direction to a partner
- perform a forehand from a self-drop and hit to a partner in a cross-court and down-the-line direction
- cooperatively hit a forehand and backhand in a cross-court and down-the-line direction back to partner; partner feeds ball with a serve or a drop and hit
- volley the ball using a simple forehand and backhand action with correct footwork from a ready position
- demonstrate where to stand when serving (e.g. overarm throw, underarm throw, drop and hit forehand or serve with a racquet) and when returning
- understand the difference between a first and second serve
- cooperate with others
- shake hands with opponent at end of match

### Be working on (40%)

- return a serve down the line, crosscourt or down the middle of the court
- volley ball using a forehand and backhand action to various locations on the court
- commence rally with overarm serve; players have option to drop and hit second serve
- keep score (game and set)
- understand the main rules of the game (e.g. choice of ends and service, change of ends, ball touches line, order of service, foot fault, service fault, let)
- understand the concept of fair play
- call lines and score clearly and honestly
- show respect for opponents and officials
- begin to manage difficult emotions during competition

# ORANGE GRADE I/C competency requirements

## Level Two

### Consistently (80%)

- return a serve down the line, crosscourt or down the middle of the court
- volley ball using a forehand and backhand action to various locations on the court
- commence rally with overarm serve; players have option to drop and hit second serve
- keep score (game and set)
- understand the main rules of the game (e.g. choice of ends and service, change of ends, ball touches line, order of service, foot fault, service fault, let)
- understand the concept of fair play
- call lines and score clearly and honestly
- show respect for opponents and officials

### Be working on (40%)

- manage difficult emotions during competition
- differentiate speed between first and second serves – offensive serve on first serve and neutral serve on second serve
- place the serve in different locations – wide, body and t
- serve a flat serve
- return the ball from offensive and neutral serves in a down-the-line, crosscourt or down-the-middle direction of the court
- consistently rally crosscourt
- use a drop shot
- use a lob or passing shot
- defend at end range
- volley the ball away from opponent
- hit a drive volley
- understand the main rules of the game (e.g. scoring, calling lines, order of receiving in doubles, hindrance)
- consistently give best effort whatever the match score or situation
- react constructively after losing a point

# GREEN GRADE I/C competency requirements

## Consistently (80%)

- manage difficult emotions during competition
- differentiate speed between first and second serves – offensive serve on first serve and neutral serve on second serve
- place the serve in different locations – wide, body and t
- serve a flat serve
- return the ball from offensive and neutral serves in a down-the-line, crosscourt or down-the-middle direction of the court
- consistently rally crosscourt
- use a drop shot
- use a lob or passing shot
- defend at end range
- volley the ball away from opponent
- hit a drive volley
- call lines and score clearly and honestly
- understand the main rules of the game (e.g. scoring, calling lines, order of receiving in doubles, hindrance)
- consistently give best effort whatever the match score or situation
- react constructively after losing a point

## Be working on (40%)

- Differentiate speed and spin (i.e. flat or slice) on first and second serve
- modify the speed and direction of serve return
- rally with varying height over the net, depth, speed and spin
- perform topspin on both forehand and backhand during a competitive rally
- increase rally tempo by attacking balls inside the baseline at various heights on the forehand and backhand
- use slice on the backhand groundstroke during a competitive rally situation
- move opponent by changing the direction and speed of the ball during competitive rally
- develop defensive skills such as at end range
- hit a drive volley and overhead to different locations
- hit first volley, second volley combinations (doubles)
- keep score in game, set and match
- understand game rules for non-umpired matches
- understand basic positioning and tactics in doubles
- play honestly/fairly
- show good sportsmanship

# YOUTH GRADE I/C competency requirements

## Consistently (80%)

- manage difficult emotions during competition
- differentiate speed and spin (i.e. flat or slice) on first and second serve
- modify the speed and direction of serve return
- rally with varying height over the net, depth, speed and spin
- perform topspin on both forehand and backhand during a competitive rally
- increase rally tempo by attacking balls inside the baseline at various heights on the forehand and backhand
- use slice on the backhand groundstroke during a competitive rally situation
- move opponent by changing the direction and speed of the ball during competitive rally
- develop defensive skills such as at end range
- hit a drive volley and overhead to different locations
- hit first volley, second volley combinations (doubles)
- call lines and score clearly and honestly
- keep score in game, set and match
- understand game rules for non-umpired matches
- understand basic positioning and tactics in doubles
- play honestly/fairly
- show good sportsmanship
- show respect for opponents and officials