



DOWN'S LAWN TENNIS CLUB

MINI TENNIS CHALLENGE

BOOKLET



JC
JAKE CARRUTHERS
TENNIS COACHING

Downs Lawn Tennis Club

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HEY TENNIS BUDDIES!

Can you complete all of the CHALLENGES and get your book filled up with stickers?



NAME:

3 – 5 YEARS

CHALLENGES TOTS

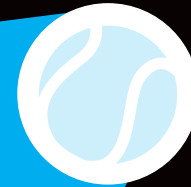


I always come to tennis smiling and trying my best

I use my listening ears and always listen to my coach



On my own I can drop a ball and catch it with one bounce



I can balance a ball on my strings for 10 seconds without it falling off



I can throw a ball over the net with an overarm throw



I can balance on one leg for 15 seconds



I can hit 5 out of 10 forehands over the net



I can hit 5 out of 10 backhands over the net



I can get a serve over the net



I can get a rally of 5 with my coach



5 – 8 YEARS

CHALLENGES RED



I can catch 5 balls out of 10 balls thrown to me by my coach



I can throw a ball overarm over the net and into target areas 5 times



I can do racquet skills 10 tap ups/ 10 tap downs



I can run, jump, hop and sidestep like a tennis superstar



I can hit 5 forehands and 5 backhands in a row over the net and in without missing a shot



I can hit a forehand, volley and smash and get them all in



I can do a rally of 10 with my coach from the baseline



I can do a rally of 10 from the baseline with my friend



I have a super attitude on the court and show good sportsmanship



I have competed in my first tennis tournament



8 – 9 YEARS

CHALLENGES ORANGE



I can do the first warm up on my own without the coaches help when attending tennis



I have really fast feet on ladder drills



I can catch a tennis ball in one hand on both my strong and weak side when throwing over the net with a partner



I can hit 5 out of 10 forehands crosscourt and into a target area



I can hit 5 out of 10 backhands crosscourt and into a target area



I can hit 5 out of 10 serves diagonal and into the service box



I can learn to score a tiebreak on my own without the coaches help



I can play a match on my own and call what is in and out loudly



I can now play and understand doubles



I can get a rally of 10 from the baseline with a friend



10 – 11 YEARS

CHALLENGES GREEN



I pack my own bag for tennis (water-bottle, sun cream, coat etc)



I have an athletic ready position and I am really fast at agility and speed drills



I can do 10 volley to volleys with a partner over the net



I can now hit 5 out of 10 forehands one cross court and one down the line into a target area



I can hit 5 out of 10 backhands one cross court and one down the line into a target area



I can volley 5 out of 10 volleys into target areas



I can get a rally of 10 from the baseline with a friend



I can serve 5 out of 10 serves into target areas set by my coach



I understand how to score a match with a short set first to 4 games



I show great sportsmanship even if I lose a match



BOOOOOM!



COMPLETED THE

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WELL DONE!

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