



Red Stage Level 1 Competencies

This table should be used as a general guide towards which describes the skills players should aim to achieve during each stage of Tennis Hot Shots. This table is not comprehensive, but instead is an indication of the types of fundamental and perceptual motor skills that children will work on during their Tennis Hot Shots lessons, and what parents can work on with their children outside of lesson time.

To get more information on programme competencies, chat with your Tennis Hot Shots coach.

Typical age – 5-8 years

Racquet size – 21-23 inch

Court – 3m x 8.23m or 6m x 10.97m

Ball – 25% compression red ball

Area	Application to Tennis	Details
Serve	Serve	Over arm throw to various locations on the court.
Rally	Movement, groundstrokes, volley, play	Maintain balance while moving quickly and jumping. Commence a rally with a drop and hit forehand using a low to high action on both forehand and backhand. Volley the ball using a simple blocking action.
Score	Score	Use a simple scoring system. Know the names of lines/areas of the court. Demonstrate where to stand when serving and returning.



Red Stage Level 2 Competencies

This table should be used as a general guide towards which describes the skills players should aim to achieve during each stage of Tennis Hot Shots. This table is not comprehensive, but instead is an indication of the types of fundamental and perceptual motor skills that children will work on during their Tennis Hot Shots lessons, and what parents can work on with their children outside of lesson time.

To get more information on programme competencies, chat with your Tennis Hot Shots coach.

Typical age – 5-8 years

Racquet size – 21-23 inch

Court – 3m x 8.23m or 6m x 10.97m

Ball – 25% compression red ball

Area	Application to Tennis	Details
Serve	Serve	Serve crosscourt to the forehand and backhand side of partner in both service boxes. Serve the ball over a net in a cross-court direction.
Rally	Movement, groundstrokes, volley, play	Maintain balance while moving quickly and jumping. Return ball from a partner with forehand and backhand cross-court and down the line. Volley forehand and backhand with a simple action cross-court and down the line using a low to high actions. Volley the ball using a simple blocking action and correct footwork. Commence a competitive rally and score competitively.
Score	Score	Use a simple scoring system. Know the names of lines/areas of the court. Demonstrate where to stand when serving and returning.



Red Stage Level 3 Competencies

This table should be used as a general guide towards which describes the skills players should aim to achieve during each stage of Tennis Hot Shots. This table is not comprehensive, but instead is an indication of the types of fundamental and perceptual motor skills that children will work on during their Tennis Hot Shots lessons, and what parents can work on with their children outside of lesson time.

To get more information on programme competencies, chat with your Tennis Hot Shots coach.

Typical age – 5-8 years

Racquet size – 21-23 inch

Court – 3m x 8.23m or 6m x 10.97m

Ball – 25% compression red ball

Area	Application to Tennis	Details
Serve	Serve	Serve crosscourt to the forehand and backhand side of partner in both service boxes. Serve ball to land in “deuce” and “ad” service box.
Rally	Movement, groundstrokes, volley, play	Maintain balance and greater control while moving quickly and jumping. Return ball from a partner with forehand and backhand cross-court and down the line. Volley forehand and backhand with a simple action cross-court and down the line. Commence a competitive rally and score competitively.
Score	Score	Use tennis scoring. Know the names of lines/areas of the court. Understand faults and lets. Know where to stand for doubles.