

Players will not be taught the full content in each section from the beginning of their tennis journey. The depth of teaching for each area of their tennis development will be based on relevance for their age/ability. For example, a Year 1 player will be taught the fundamentals of a forehand, backhand, serve and volley. These will then be built on throughout their journey in the programme as physical & mental development plays a huge part in what a player is able to learn and perform.

## St Hugh's Tennis Academy Red Stage

Age – School Year Reception, Year 1, 2, 3 & 4

Court Size – Singles and doubles - 11-12m x 5-6m (optimal 11m x 5.5m)

Net height – 80cm (at the middle of the net)

Recommended racket size – (21"-23")

Ball Type – Mini Red Ball

### Achieved competencies and fundamentals

#### Groundstroke

- ✓ Shape of swing – low start, medium contact higher finish
- ✓ Able to distinguish between forehand and backhand on incoming ball
- ✓ Perception of the ball – moving towards/away
- ✓ Directional movement linked into perception of the ball – left, right, forward, backward and diagonally
- ✓ Ability to vary groundstrokes – cross/straight/depth/spin/height/pace
- ✓ Recovery between shots
- ✓ Grips for forehands and backhands

#### Serving

- ✓ Grips for serve – forehand
- ✓ Shape of swing – sideways stance, 'trophy' position, 'catapult' action
- ✓ Ball toss – height, distance & angle to body.
- ✓ Weight transfer – 'rocking' routine
- ✓ Aiming the serve to specific areas within the correct box

#### Returning

- ✓ Stance when waiting to return serve
- ✓ Type of return to play – neutralise, attack
- ✓ Emphasis on groundstroke aspects in this game situation
- ✓ Perception of incoming serve – direction, pace
- ✓ Split-step and correct timing

### **Net Play – Volleying/Smashing**

- ✓ Correct grip for volleying/smashing – chopper grip
- ✓ Backhand volley – single-handed vs double-handed
- ✓ Types of volleys – punch, push, high, low
- ✓ Court positioning – closeness to net
- ✓ Perception of speed/height of incoming ball to determine best response
- ✓ Body position for volleying – opposite foot stepping, wider stance for further volleys, weight transfer into ball
- ✓ Apply tactical variance to volleys/smashes

### **Scoring**

- ✓ Understanding tie-break scoring system and specific rules within it (serving sides, end swapping, final score of 10 being two points ahead)
- ✓ Being able to determine if the shot was in or out

### **Playing Points/Competing**

- ✓ Identifying your weaknesses/strengths
- ✓ Play to your strengths
- ✓ Consistency with serving, returning, groundstrokes, volleying and smashing whilst under competitive scenarios
- ✓ Ability to remember and maintain the scoring system whilst playing

# St Hugh's Tennis Academy Orange Stage

Age – School Year 3 & 4

Court Size – 18m x 8.23m (full width of singles court)

Net height – 80cm (at the middle of the net)

Recommended racket size – (25")

Ball Type – Mini Orange Ball

## Achieved competencies and fundamentals

### Groundstroke

- ✓ Grips for forehands and backhands
- ✓ Shape of swing – low start, medium contact higher finish
- ✓ Different contact points for shot selections
- ✓ Able to distinguish between forehand and backhand on incoming ball
- ✓ Perception of the ball – moving towards/away from including the effect of receiving top spin/slice/flat/different paces
- ✓ Directional movement linked into perception of the ball – left, right, forward, backward and diagonally
- ✓ Ability to vary groundstrokes – cross/straight/depth/spin/height/pace
- ✓ Recovery between shots
- ✓ Applying tactical variance to groundstrokes when appropriate – height, speed, spin, direction

### Serving

- ✓ Grips for serve – forehand/chopper/relaxed chopped for slice
- ✓ Shape of swing – sideways stance, 'trophy' position
- ✓ Ball toss – height, distance & angle to body.
- ✓ Weight transfer – 'rocking' routine
- ✓ Tempo/rhythm of the serve to create momentum
- ✓ Using knee bend and leg drive to power through serve when appropriate
- ✓ First serve vs second serve techniques/choices
- ✓ Routines for serve to create calming memorable environments to maximise muscle memory and consistency
- ✓ Aiming the serve to specific areas within the box
- ✓ Applying tactical variance to serves

### Returning

- ✓ Court position when returning – 1<sup>st</sup> serve/ 2<sup>nd</sup> serve
- ✓ Stance when waiting to return serve
- ✓ Type of return to play – neutralise, attack
- ✓ Emphasis on groundstroke aspects in this game situation
- ✓ Perception of incoming serve – direction, pace, spin
- ✓ Singles returning 'rules' - across body

### **Net Play – Volleying/Smashing**

- ✓ Correct grip for volleying/smashing – chopper grip
- ✓ Backhand volley – single-handed vs double-handed
- ✓ Types of volleys – block, punch, push, high, low, drop, drive
- ✓ Court positioning – always slightly favour ball position, closeness to net
- ✓ Perception of speed/height of incoming ball to determine best response
- ✓ Body position for volleying – opposite foot stepping, wider stance for further volleys, weight transfer into ball
- ✓ Body position for smashes – aggressive vs defensive
- ✓ Apply tactical variance to volleys/smashes
- ✓ Court positioning for doubles play and scenarios faced when playing doubles

### **Scoring**

- ✓ Understanding tie-break scoring system and specific rules within it (serving sides, end swapping, final score of 10 being two points ahead)
- ✓ Being able to determine if the shot was in or out

### **Playing Points/Competing**

- ✓ Identifying opponents' weaknesses/strengths
- ✓ Identifying your weaknesses/strengths
- ✓ Play to your strengths to avoid exposing your weaknesses
- ✓ Consistency with serving, returning, groundstrokes, volleying and smashing whilst under competitive scenarios
- ✓ Ability to remember and maintain the scoring system whilst playing
- ✓ Using tactical variance in each of the game situations (serve, return, back, net, opponent at net)
- ✓ Correct player positions when playing doubles, volley when serving, volley when returning

# St Hugh's Tennis Academy Green

Age – School Year 5-8

Court Size – Singles and Doubles – Full Singles court

Net height – 91.4cm (at the middle of the net)

Recommended racket size – (25"-26") – Single construction racket recommended

Ball Type – Mini Green Ball

## Achieved competencies and fundamentals

### Groundstroke

- ✓ Grips for forehands and backhands
- ✓ Shape of swing – low start, medium contact higher finish
- ✓ Different contact points for shot selections
- ✓ Able to distinguish between forehand and backhand on incoming ball
- ✓ Perception of the ball – moving towards/away from including the effect of receiving top spin/slice/flat/different paces
- ✓ Directional movement linked into perception of the ball – left, right, forward, backward and diagonally
- ✓ Ability to vary groundstrokes – cross/straight/depth/spin/height/pace
- ✓ Recovery between shots – middle/off-centre
- ✓ Applying tactical variance to groundstrokes when appropriate – height, speed, spin, direction
- ✓ Singles patterns of play vs doubles patterns of play

### Serving

- ✓ Grips for serve – forehand/chopper/relaxed chopped for slice/top spin
- ✓ Shape of swing – sideways stance, 'trophy' position
- ✓ Ball toss – height, distance & angle to body.
- ✓ Weight transfer – 'rocking' routine
- ✓ Tempo/rhythm of the serve to create momentum
- ✓ Using knee bend and leg drive to power through serve when appropriate
- ✓ Using knee bend to add 'jump' to improve drive through ball when appropriate
- ✓ First serve vs second serve techniques/choices
- ✓ Routines for serve to create calming memorable environments to maximise muscle memory and consistency
- ✓ Aiming the serve to specific areas within the box
- ✓ Court positioning when serving – singles/doubles vs intention of serve
- ✓ Applying tactical variance to serves

### Returning

- ✓ Court position when returning – 1<sup>st</sup> serve/ 2<sup>nd</sup> serve
- ✓ Stance when waiting to return serve

- ✓ Type of return to play – block/neutralise, attack
- ✓ Emphasis on groundstroke aspects in this game situation
- ✓ Perception of incoming serve – direction, pace, spin
- ✓ Singles returning ‘rules’ vs doubles returning ‘rules’

### **Net Play – Volleying/Smashing**

- ✓ Correct grip for volleying/smashing – chopper grip
- ✓ Backhand volley – single-handed vs double-handed
- ✓ Types of volleys – block, punch, push, high, low, drop, drive
- ✓ Court positioning – always slightly favour ball position, closeness to net
- ✓ Perception of speed/height of incoming ball to determine best response
- ✓ Body position for volleying – opposite foot stepping, wider stance for further volleys, weight transfer into ball
- ✓ Body position for smashes – aggressive vs defensive
- ✓ Apply tactical variance to volleys/smashes
- ✓ Court positioning for doubles play and scenarios faced when playing doubles

### **Scoring**

- ✓ Understanding scoring system – standard scoring, with tie-breaks
- ✓ Understanding tie-break scoring system and specific rules within it (serving sides, end swapping, final score 7 or 10 being two points ahead)
- ✓ Understanding rules with standard scoring system – deuce, advantage, change of ends, match completion, if/when tie-break occurs.

### **Playing Points/Competing**

- ✓ Identifying opponents' weaknesses/strengths
- ✓ Identifying your weaknesses/strengths
- ✓ Play to your strengths to avoid exposing your weaknesses
- ✓ Consistency with serving, returning, groundstrokes, volleying and smashing whilst under competitive scenarios
- ✓ Ability to remember and maintain the scoring system whilst playing
- ✓ Using tactical variance in each of the game situations (serve, return, back, net, opponent at net)
- ✓ Correct player positions when playing doubles, volley when serving, volley when returning

### **Singles and Doubles**

- ✓ Changes in court positioning with singles vs doubles
- ✓ Communication with partner during doubles to formulate plan/supportive environment
- ✓ Tactical changes when playing singles vs doubles
- ✓ Doubles scoring system when using standard and tie-break scoring

## St Hugh's Tennis Academy Yellow Stage

Age – Aimed at players aged 9/10

Court Size – Singles and Doubles – Full Singles court

Net height – 91.4cm (at the middle of the net)

Recommended racket size – (25"-27") – Single construction racket recommended

Ball Type – Standard Size Yellow N.B - Very similar to Green Stage but with a different ball (faster & heavier)

### Achieved competencies and fundamentals

#### **Groundstrokes**

- ✓ Grips for forehands and backhands
- ✓ Shape of swing – low start, medium contact higher finish
- ✓ Different contact points for shot selections
- ✓ Able to distinguish between forehand and backhand on incoming ball
- ✓ Perception of the ball – moving towards/away from including the effect of receiving top spin/slice/flat/different paces
- ✓ Directional movement linked into perception of the ball – left, right, forward, backward and diagonally
- ✓ Ability to vary groundstrokes – cross/straight/depth/spin/height/pace
- ✓ Recovery between shots – middle/off-centre
- ✓ Applying tactical variance to groundstrokes when appropriate – height, speed, spin, direction
- ✓ Singles patterns of play vs doubles patterns of play

#### **Serving**

- ✓ Grips for serve – forehand/chopper/relaxed chopped for slice/top spin
- ✓ Shape of swing – sideways stance, 'trophy' position, 'catapult' action
- ✓ Ball toss – height, distance & angle to body.
- ✓ Weight transfer – 'rocking' routine
- ✓ Tempo/rhythm of the serve to create momentum
- ✓ Using knee bend and leg drive to power through serve when appropriate
- ✓ Using knee bend to add 'jump' to improve drive through ball when appropriate
- ✓ First serve vs second serve techniques/choices
- ✓ Routines for serve to create calming memorable environments to maximise muscle memory and consistency
- ✓ Aiming the serve to specific areas within the box
- ✓ Court positioning when serving – singles/doubles vs intention of serve
- ✓ Applying tactical variance to serves

## **Returning**

- ✓ Court position when returning – 1<sup>st</sup> serve/ 2<sup>nd</sup> serve
- ✓ Stance when waiting to return serve
- ✓ Type of return to play – block/neutralise, attack
- ✓ Emphasis on groundstroke aspects in this game situation
- ✓ Perception of incoming serve – direction, pace, spin
- ✓ Singles returning 'rules' vs doubles returning 'rules'

## **Net Play – Volleying/Smashing**

- ✓ Correct grip for volleying/smashing – chopper grip
- ✓ Backhand volley – single-handed vs double-handed
- ✓ Types of volleys – block, punch, push, high, low, drop, drive
- ✓ Court positioning – always slightly favour ball position, closeness to net
- ✓ Perception of speed/height of incoming ball to determine best response
- ✓ Body position for volleying – opposite foot stepping, wider stance for further volleys, weight transfer into ball
- ✓ Body position for smashes – aggressive vs defensive
- ✓ Apply tactical variance to volleys/smashes
- ✓ Court positioning for doubles play and scenarios faced when playing doubles

## **Scoring**

- ✓ Understanding scoring system – standard scoring, with tie-breaks
- ✓ Understanding tie-break scoring system and specific rules within it (serving sides, end swapping, final score 7 or 10 being two points ahead)
- ✓ Understanding rules with standard scoring system – deuce, advantage, change of ends, match completion, if/when tie-break occurs.

## **Playing Points/Competing**

- ✓ Identifying opponents' weaknesses/strengths
- ✓ Identifying your weaknesses/strengths
- ✓ Play to your strengths to avoid exposing your weaknesses
- ✓ Consistency with serving, returning, groundstrokes, volleying and smashing whilst under competitive scenarios
- ✓ Ability to remember and maintain the scoring system whilst playing
- ✓ Using tactical variance in each of the game situations (serve, return, back, net, opponent at net)
- ✓ Correct player positions when playing doubles, volley when serving, volley when returning

## **Singles and Doubles**

- ✓ Changes in court positioning with singles vs doubles
- ✓ Communication with partner during doubles to formulate plan/supportive environment
- ✓ Tactical changes when playing singles vs doubles
- ✓ Doubles scoring system when using standard and tie-break scoring

