



Blacktown Tennis Centre Stanhope - Coaching Pathway

Hot Shots Programs

Squad Programs

Blue 3-5 Years

Can demonstrate movement with balance Coordinate underarm throw



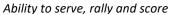
Red 5-8 Years

Can demonstrate fundamental motor and movement skills

Can participate in variety of strokes



Cooperatively hit a groundstroke in a crosscourt and down the line direction to partner





Can demonstrate fundamental motor and movement skills Can participate in variety of strokes



Cooperatively hit a groundstroke in a crosscourt and down the line direction to partner Ability to serve in a cross-court direction Ability to serve, rally and score



Green 10-12 Years

Can demonstrate correct use of grips and swing path for different strokes Basic court awareness



Has developed and improved their technique in order to increase their tactical execution Has the understanding of speed, height, spin and court-positioning



Yellow 12+ Years

Demonstrates correct use of grips and swing path for different strokes Basic court and tactical awareness

Yellow 12+ Years

Capable of playing correct stroke from all areas of court

Intermediate court and tactical awareness Understanding direction, speed and spin of serve for tactical play



High-performance coaching

Yellow 12+ Years

Tournament level player with Universal Tennis Rating of 4+