

Blacktown Tennis Centre Stanhope - Coaching Pathway

Hot Shots 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

Orange 8-10 Years

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

Green 10-12 Years

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

Yellow 12+ Years

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

Squad Programs

Red 5-8 Years

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

Orange 8-10 Years

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

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

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+