

Squad Level - Foundation

Technical understanding:

Be able to demonstrate the following grips when asked (not necessarily whilst playing a shot):

- Basic grip
- Bevel grip
- Thumb grip
- Pan grip

Be able to describe the difference between the singles and doubles court including what is 'in' when serving.

Be able to demonstrate an understanding of which side of the court to serve from on each point.

Shot ability:

Be able to demonstrate the following basic shots:

- a basic forehand net tumble.
- a basic backhand net tumble.
- a forehand overhead clear.
- a forehand round the head overhead clear.
- a high serve into the rear third of the singles court.
- a backhand low serve landing close to the 'T'.

Footwork:

Be able to demonstrate the following during shadow exercises:

- Lunge into forehand net shot
- Lunge into backhand net shot
- Split step
- Scissor kick

Feeding ability:

Be able to demonstrate the following consistently:

- underarm hand feeding
- Overarm hand feeding

Tactical awareness:

Be able to explain the in simple terms why a player would choose to play the following shots:

- a forehand overhead clear.
- A net shot

Squad Level - Development

Technical understanding:

Be able to demonstrate the following grips when asked as well as being able to explain which basic shots each grip should be used for:

- Basic grip
- Bevel grip
- Thumb grip
- Pan grip

Be able to describe the difference between the singles and doubles court including what is 'in' when serving.

Shot ability:

Be able to consistently demonstrate the following shots with the correct grip, technique and movement:

- a basic forehand net tumble.
- a basic backhand net tumble.
- a basic forehand underarm lift from the front of the court.
- a basic backhand underarm lift from the front of the court.
- a forehand overhead clear.
- a forehand round the head overhead clear.
- A forehand overhead smash from the rear of the court.
- A forehand overhead drop shot from the rear of the court.
- A forehand net kill.
- A backhand net kill.
- A backhand block defence.
- a high serve into the rear tramlines of the singles court.
- a backhand low serve into a target.

Footwork:

Be able to demonstrate the following movement patterns from the centre of the court during shadow exercises and to a reasonable degree during game play:

- Split step, chassis (or crossover step), lunge into forehand net shot
- Split step, chassis, step lunge into back hand net shot
- Split step, chassis (or crossover step), scissor kick into the rear forehand corner
- Split step, pivot step, scissor kick into the rear backhand corner

Feeding ability:

Be able to demonstrate the following consistently:

- underarm hand feeding
- Overarm hand feeding
- Racket feeding to the rear of the court

Game play:

Be able to demonstrate a range of the above shots within a game situation whilst maintaining a fair degree of the correct technique and movement.

Tactical awareness:

Be able to identify and explain basic tactics being used by a player in a game situation.

Be able to explain the principles of basic doubles rotation.

Squad Level - Elite

Technical understanding:

Be able to demonstrate the four grips when asked as well as being able to link each grip to a range of shots as appropriate.

Explain the general principle relating to grip position ie which shots should be played with the hand towards either the top, middle or bottom of the handle and why.

Shot ability:

Be able to consistently demonstrate the following shots with the correct grip, technique and movement:

- a basic forehand and backhand net tumble.
- a basic forehand and backhand underarm lift from the front of the court.
- a forehand overhead clear.
- a forehand round the head overhead clear.
- A forehand overhead smash from the rear of the court.
- A forehand overhead drop shot from the rear of the court.
- A forehand and backhand net kill.
- A backhand and forehand block defence.
- A long defence.
- a high serve into the rear tramlines into a target.
- a backhand low serve into a target.
- A forehand and backhand drive

Be able to demonstrate a reasonable attempt at the following shots:

- An overhead forehand slice drop shot.
- An overhead reverse slice drop shot.
- A backhand drop shot.
- A backhand clear.

Footwork:

Be able to demonstrate all basic movement patterns to the 6 main areas of the court (forehand and backhand forecourt, forehand and backhand midcourt, forehand and backhand rear court) during shadow exercises and show that successful implementation within game play.

Be able to demonstrate and explain the importance of the recovery stage of movement following shot play.

Feeding ability:

Be able to demonstrate the following consistently:

- underarm hand feeding
- Overarm hand feeding
- Racket feeding to the rear of the court

Game play:

Be able to demonstrate a range of the above shots within a game situation whilst maintaining a good degree of the correct technique and movement.

Tactical awareness:

Be able to demonstrate an aware of both singles and doubles tactics through both game play and discussion.