



PRE-RALLY PLAYER

NAME:

SCORE:

HEAD

Rolls and sends ball with racquet along ground in different directions.

① ② ③

Maintains rolling rally with partner, sending and receiving to left, right, and center.

① ② ③

Self-rallies in small space.

① ② ③

BASELINE

Puts ball in play with underhand toss and sends along ground with racquet.

① ② ③

SERVE/RETURN

Counts rallies and tasks performed. ① ② ③

Understands “in” and “out” for boundaries. ① ② ③

Starts rally/point with roll or hand toss. ① ② ③

GAME

FEET

Creates space to side of body by using adjustment steps.

① ② ③

Returns to home base after moving to ball.

① ② ③

HANDS

Keeps racquet on edge when sending ball along ground.

① ② ③



RED PLAYER 03

NAME:

SCORE:

HEAD

Rallies with partner in small pace without net.

① ② ③

Drop-hits side to side, high/low, and deep/short.

① ② ③

Hits ball tossed by partner to left, right, and center.

① ② ③

BASELINE

Serves underhand or overhand into correct box, standing inside service line.

① ② ③

SERVE/RETURN

Scores with visual aid. ① ② ③

Calls ball "in" or "out." ① ② ③

Knows where to stand for serve and return. ① ② ③

GAME

FEET

Ready position with two hands on racquet, facing partner.

① ② ③

Moves in multiple directions and recovers to center.

① ② ③

Shoulder turned with feet at 45 degrees.

① ② ③

HANDS

Simple low-to-high swing path, directing hand/racquet to target.

① ② ③



RED PLAYER 02

NAME:

SCORE:

HEAD

Rallies over net with partner from service line.

① ② ③

Hits ball tossed by partner side to side, deep/short, and high/low.

① ② ③

Serves overhand to opponent's forehand and backhand.

① ② ③

Hits approach shot and volley combination from hand/racquet feed.

① ② ③

Remembers score and announces it. ① ② ③

Understands win by one or two. ① ② ③

Shakes opponent's hand. ① ② ③

FEET

Recovers by shuffling or running back to center when deep or outside court.

① ② ③

Return to ready position after serve.

① ② ③

Split-steps before volley.

① ② ③

HANDS

Racquet up on backswing for forehand and backhand.

① ② ③

Both hands move down and up together on serve.

① ② ③

Developing one-hand backhand volley.

① ② ③

BASELINE

SERVE/RETURN

NET PLAY

GAME



RED PLAYER 01

NAME:

SCORE:

HEAD

Rallies crosscourt, down the line and side to side with partner from baseline.

① ② ③

Developing topspin and slice on ground strokes.

① ② ③

Hits to open space during play.

① ② ③

BASELINE

Developing slice serve.

① ② ③

SERVE/RETURN

Hits approach shot to one side and volley to other.

① ② ③

NET PLAY

Understands faults and lets for serve. ① ② ③

Can play best-of-three tiebreaks. ① ② ③

Practices with friends and/or family. ① ② ③

GAME

FEET

Recovers according to direction of shot hit.

① ② ③

Crossover steps on wide ball and recovers.

① ② ③

Coordinates knee bend with top of toss.

① ② ③

HANDS

Non-dominant hand on throat for ready position.

① ② ③

Uses circular motion on backswing for forehand and backhand.

① ② ③

Developing continental grips on serves and volleys.

① ② ③