	Program	Age		ANZ Hot Shots Stage	Ball Stage	Court Size	Tags	
FUNdamentals	Preschoolers	3 to 4 years old	FPMS 15	Blue	Red	3m/8.23m (SMALL PORTABLE)	[Category] FPMS 15 Registered: FPMS 15 MVTC	[Category] FPMS 15 Registered: FPMS 15 TKST
FUNdamentals	Preschoolers		FPMS 30	Blue	Red	3m/8.23m (SMALL PORTABLE)	[Category] FPMS 30 Registered: FPMS 30 MVTC	
FUNdamentals	Preschoolers		FPMS 40	Blue	Red	6m/10.97m (LARGE PORTABLE)	[Category] FPMS 40 Registered: FPMS 40 MVTC	
FUNdamentals	Preschoolers		FPMS Advantage	Blue	Red	6m/10.97m (LARGE PORTABLE)	[Category] FPMS Ad Registered: FPMS Ad MVTC	
FUNdamentals	Kinder	5 to 6 years old	Game'	Red	Red	6m/10.97m (LARGE PORTABLE)	[Category] Game Registered: Game MVTC	
FUNdamentals	Kinder		Set'	Red	Red	6m/10.97m (LARGE PORTABLE)	[Category] Set Registered: Set MVTC	
FUNdamentals	Kinder	7 to 8 years old	Match'	Red	Red	6m/10.97m (LARGE PORTABLE)	[Category] Match Registered: Match MVTC	
Junior Development	Mini Tennis	9+	Local'	Orange	Orange	6.4m/18m (DROP DOWN LINES)	[Category] Local Orange Registered: Local Orange MVTC	
Junior Development	Mini Tennis		Regional'	Orange	Orange	6.4m/18m (DROP DOWN LINES)	[Category] Regional Orange Registered: Regional Orange MVTC	
Junior Development	Mini Tennis		NSW State'	Orange	Orange	6.4m/18m (DROP DOWN LINES)	[Category] NSW State Orange Registered: NSW State Orange MVTC	
Junior Development	Full Court	11+	Local'	Green	Green	8.23m/23.77m (FULL COURT)	[Category] Local Green Registered: FPMS 15 MVTC	
Junior Development	Full Court		Regional'	Green	Green	8.23m/23.77m (FULL COURT)	[Category] Regional Green Registered: FPMS 15 MVTC	
Junior Development	Full Court		NSW State'	Green	Green	8.23m/23.77m (FULL COURT)	[Category] NSW State Green Registered: FPMS 15 MVTC	
Junior Development	Full Court		Local'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC	
Juniior Performance	Full Court		Regional'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC	
Juniior Performance	Full Court		NSW State'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC	
Juniior Performance	Full Court		National'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC	
Juniior Performance	Full Court		International'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC	
						.ps://youtu.be/4rvBQ7Gsa	$a\ell$	
						https://www.tennis.com.au/learn/rules-an	nd-scoring/10-and-under-tennis-rules/courts-nets-and-lines	

FUNdamentals Preschoolers Tennis	15				
Love the game	Player enjoys act	ivity/ boo fun			
Love the game		-			
Being a good sport		to interact with p			
Score			nes they perform a	i task (i.e. nit a ba)
Play	Player can roll a				
Movement		-	mal like movemer	nts	
Underarm throw		m an underarm th			
Overarm throw		m an overarm thr			
Double hand throw	-		a double hand th		
Catch	Player can catch	a ball after a bou	nce or two with a	oucket or cone	
Trap	Player can trap a	ball rolling toward	ds them		
Two hands strike	Player can strike	roll the ball along	g the ground with	two hands using a	a racquet
One hand strike	Player can strike	- roll the ball alonເ	g the ground with	one hand using a	racquet

ame Pla	ayer can listen to	d to participa o the coach a	te in all activities				
ame Pla od sport Pla	ayer can listen to	o the coach a					
ame Pla od sport Pla	ayer can listen to	o the coach a					
ame Pla od sport Pla	ayer can listen to	o the coach a					
ame Pla od sport Pla	ayer can listen to	o the coach a		ne			
ame Pla od sport Pla	ayer can listen to	o the coach a		ne			
od sport Pla	ayer can listen to	o the coach a		ne			
-			and follow instruction	ne			
Pla	aver can count t			10			
	ayer carr count t	the number of	f times they perform	an activity			
Pla	ayer can send a	rolling ball u	sing both sides of th	eir body			
Pla	ayer can mainta	in balance st	anding on one leg				
throw Pla	ayer can put the	ball in play u	using an underarm th	nrow			
nrow Pla	ayer can put the	ball in play u	using an overarm thr	ow			
nd throw Pla	ayer can put a la	arge ball in pl	lay using a double ha	and side-on throw			
Pla	ayer can catch a	a ball after the	e bounce with a buck	ket or cone on bot	n sides of their	body	
Pla	ayer can trap a l	ball rolling tov	wards them on both	sides of their body	(hands and ra	cquet)	
strike Pla	ayer can strike-	roll the ball a	long the ground with	two hands using	a racquet to diff	erent location	ns on the cour
th nr	ow Plantow Pla	Player can put the Player can put the Player can put a la Player can catch a Player can trap a Player can strike	Player can put the ball in play of throw Player can put the ball in play of throw Player can put a large ball in player can catch a ball after the Player can trap a ball rolling to strike Player can strike- roll the ball a	Player can put the ball in play using an overarm the throw Player can put a large ball in play using a double he Player can catch a ball after the bounce with a buc Player can trap a ball rolling towards them on both Player can strike- roll the ball along the ground with	Player can put the ball in play using an underarm throw Player can put the ball in play using an overarm throw throw Player can put a large ball in play using a double hand side-on throw Player can catch a ball after the bounce with a bucket or cone on both Player can trap a ball rolling towards them on both sides of their body Player can strike- roll the ball along the ground with two hands using	Player can put the ball in play using an underarm throw Player can put the ball in play using an overarm throw Player can put a large ball in play using a double hand side-on throw Player can catch a ball after the bounce with a bucket or cone on both sides of their Player can trap a ball rolling towards them on both sides of their body (hands and racestrike Player can strike- roll the ball along the ground with two hands using a racquet to difference of the player can strike ball along the ground with two hands using a racquet to difference of the player can strike ball along the ground with two hands using a racquet to difference of the player can strike.	Player can put the ball in play using an underarm throw Player can put the ball in play using an overarm throw If throw Player can put a large ball in play using a double hand side-on throw Player can catch a ball after the bounce with a bucket or cone on both sides of their body Player can trap a ball rolling towards them on both sides of their body (hands and racquet) Player can strike- roll the ball along the ground with two hands using a racquet to different location

FUNdamentals Pres	schoolers Tennis 40
Milestones	
Love the game	Player is motivated to participate in all activities
Being a good sport	Player can cooperate with others and take turns
Score	Players can differenciate between the first and second bounce
Play	Players can have a continuous rolling rally with a partner
Movement	Players can move sideways, run forwards and walk backwards looking over their shoulders
Underarm throw	Player can underarm throw with both left and right hands to a nominated location
Overarm throw	Player can perform an overarm throw from a side on position
Double hand throw	Player can throw a large ball off right and left sides using two hands
Catch	Player can catch a ball on the full with a bucket or cone to the side of their body
Rally	Player can trap - self rally with a bounce
Two hands strike	Player can strike a ball using two hands off a cone with their dominant hand at the bottom of their racquet
One hand strike	Player can self rally with a bounce and hit in a nominated area

FUNdamentals Preschoolers Te	nis I Advantage				
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Milestones					
Love the game	Player can name our local Gra	and Slam ' The Australi	an Open'		
Being a good sport	Players can hug their racquet	when listening to the c	oach		
Score	Player can state when the bal	I is in or out of court			
Play	Player can play a game of three	ow tennis, starting with	an overarm throw and	rallying with underarr	n catches
Movement	Player can maintain balance v	while moving sideways			
Underarm throw/ serve	Player can drop and hit foreha	and to different location	S		
Overarm throw/ serve	Player can throw overarm to v	arious locations on the	court		
Catch/ Volley	Volley with one or two hands of	ove the net with a simp	le blocking action		
One hand strike/ serve	Player can drop and hit foreha	and over the net and in			
One hand strike/ forehand	Player can contact at waist lev	vel using a low to high	swing shape on forehar	nd side	
Two hands strike/ backhand	Player can contact at waist lev	vel using a low to high s	swing shape on backha	nd side	

FUNdamentals Kinder Tennis	Game							
	5+							
Milestones								
Love the game	Player knows the	names of all Gra	and Slams					
Being a good sport	Player attempt to	touch racquets a	and acknowledge	everyone's efforts	after each activit	у		
Score	Player can demo	nstrate where to	stand when servin	g and returning				
Play	Player can drop	and hit a ball to a	partner and can c	ontinue the rally b	by hitting a foreha	ind or backhand o	ff the returned un	derarm th
Movement	Player can start a	and return to an a	athletic ready posit	ion during a rally				
Underarm throw/ serve			athletic ready posit n and throw to the			rike it		
	Player can drop	serve with topspir		correct side so th	eir partner can st	rike it		
Underarm throw/ serve	Player can drop	serve with topspire from a side on p	n and throw to the	correct side so the position after the	eir partner can st rowing			
Underarm throw/ serve Overarm throw/ serve	Player can drop : Player can rotate Player can volley	serve with topspire from a side on porthe the ball to differe	n and throw to the position to a front o	correct side so the position after the a simple forehan	eir partner can st rowing			
Underarm throw/ serve Overarm throw/ serve Catch/ Volley	Player can drop Player can rotate Player can volley Player can drop	serve with topspire from a side on position the ball to different and hit forehand of	n and throw to the position to a front o ent locations using	correct side so the position after the a simple forehand scourt and in	eir partner can st rowing			
Underarm throw/ serve Overarm throw/ serve Catch/ Volley One hand strike/ serve	Player can drop : Player can rotate Player can volley Player can drop : Player can hit 6 o	serve with topspire from a side on position the ball to differe and hit forehand out of 10 forehand	n and throw to the position to a front or ent locations using over the net, cross	correct side so the position after the a simple forehand a simple forehand in topspin	eir partner can st rowing			
Underarm throw/ serve Overarm throw/ serve Catch/ Volley One hand strike/ serve One hand strike/ forehand	Player can drop : Player can rotate Player can volley Player can drop : Player can hit 6 o	serve with topspire from a side on position the ball to differe and hit forehand out of 10 forehand out of 10 backhar	n and throw to the position to a front of ent locations using over the net, cross ds in the court with	correct side so the position after the a simple forehand scourt and in topspin the topspin	neir partner can st irowing id and backhand			

FUNdamentals Kinder Tennis	Set							
Milestones								
Love the game	Players can set u	up their own red co	ourt					
Being a good sport	Players always to	ouch racquets and	d acknowledge ev	eryone's efforts af	ter each activity			
Score	Player know the	name of every line	e, can keep the so	ore and call it out	loud			
Play	Player can count	the number of ba	Ills in a cooperativ	e rally and try to i	mprove score with	n each new rally		
Movement	Player can demo	nstrate a jab step	/ unit turn and kee	eps his/ her non de	ominant hand on t	the racquet and to	the side of their b	oody
Underarm throw/ serve	Player can throw	/ serve with topsp	in to the correct s	ide (FH and BH) s	o their partner ca	n strike it		
Overarm throw/ serve	Player can serve	overhead with a	catapult serve- mo	otion				
Catch/ Volley	Player can impac	t the ball at chest	level and out in fi	ont on volleys.				
One hand strike/ serve	Player can bound	ce hit to targets (c	ross court and do	wn the line) with to	opspin from neutr	al stance		
One hand strike/ forehand	Player can hit 6	out of 10 forehand	ls down the line w	ith topspin using a	a neutral stance			
Two hands strike/ backhand	Player can hit 6	out of 10 down the	e line backhands v	vith topspin using	a neutral stance			
Rally	Self rally alternat	ing with a partner	10 times whilst ke	eeping inside a se	rvice box or his/ h	ner red stage cour	rt side	
Physical Development	Able to side step	to the left and rig	ht and also to trar	sition into a run				

FUN	Idamentals Kinder Teni	nis Match							
									-
									H
Miles	stones								\vdash
		Plavers can play	a fast4 match wit	⊥ h friends and fam	ilv				
	-	Player calls the I							
Scor			-	recover to when s	erving and return	ing on both deuce	and ad sides.		
Play		Player can conti	nue to play crosso	ourt after a serve	and return.				Т
Move	ement	Player is able to	move in different	directions and sto	p with balance				
Unde	erarm throw/ serve	Player can serve	with topspin to th	e correct side (De	euce and Adv.) dia	agonally and in an	d force their oppo	nent to move	
Over	rarm throw/ serve	Player can serve	overhead with a	catapult serve- m	otion or abreviate	ed serve motion di	agonally and in		
Catc	ch/ Volley	Player is beginni	ng to use a contin	ental grip to hit a	forehand and bad	ckhand volley			
One	hand strike/ serve	Player can boun	ce hit crosscourt v	vith topspin from s	semi open stance				
One	hand strike/ forehand	Player can hit 6	out of 10 forehand	ls down the line w	ith topspin using	a neutral stance a	ind eastern/ semi	western grip	П
Two	hands strike/ backhand	Player can hit 6	out of 10 down the	e line backhands v	vith topspin using	g a neutral stance	and grip within ac	eptability paramet	ers
Rally			tain a 6 balls over					-	
Phys	sical Development	Performs light st	atic stretches, dyr	namic stretches ar	nd mobilty exercis	ses to help to read	v the body to play	/ / have fun and co	ol c

Junior Development Mini	Tennis I Local							
								-
Milestones								
Love the game	Player can name	our top female ar	nd male top 3 play	rers				
Being a good sport	Player says 'good	d shot' or clap the	ir racquet after the	eir opponent plays	a good shot			
Score	Player knows wh	en to change end	s during a match	and moves organi	ically from deuce	side to adv. side a	after every point	
Play	Player can return	down the line an	d continue to play	crosscourt after t	hat			
Movement	Player is beginning	ng to adjust his/ h	er movement in re	esponse to the de	pth, direction and	spin of the ball		
Underarm throw/ serve	Player can serve	with topspin to th	e correct side (De	uce and Adv.) dia	gonally and in and	d transfer body w	eight forward	
Overarm throw/ serve	Player can serve	overhead with an	abreviated serve	motion diagonally	y and in			
Catch/ Volley	Player has racqu	et head above the	e wrist and contac	ts the ball with a s	short swing in fron	t of the body		
One hand strike/ serve	Player can bound	e hit with unders	oin (slice)					
One hand strike/ forehand	Player can hit 6 d	out of 10 forehand	s using a circular	swing and making	g contact with the	ball in front and to	o the side of the b	ody
Two hands strike/ backhane	Player can hit 6 o	out of 10 backhan	ds using a circular	swing and makin	ng contact with the	ball in front and	to the side of the h	oody
Rally	Player can maint	ain a 6 balls over	the net, crosscoul	rt and in rally, thre	e times.			

Junior Development Mini Tennis	s Regional									
Milestones										
Love the game	Player can set up	their own Orange	e court							
Being a good sport	Players show res	pect for opponent	ts and officials							
Score	Player can keep	score during tiebr	eak							
Play	Player commence	es the rally with a	n overarm serve;	players have opti	ons to drop and h	it second serve				
Movement	Player judges and	d responds to diffe	erent ball trajecto	ories - high, low, sh	ort and deep					
Underarm throw/ serve	Player can serve	with topspin to th	e correct side (D	euce and Adv.) dia	agonally and in ar	nd transfer body w	eight forward			
Overarm throw/ serve	Player can serve	overhead with an	abreviated serve	e motion diagonall	y and in					
Catch/ Volley	Player uses a cor	ntinental grip on a	forehand volley							
One hand strike/ serve	Player uses tops	oin on both foreha	and and backhan	d during a coopera	ative or competitiv	e rally				
One hand strike/ forehand	Player can hit 6 c	ut of 10 forehand	s using a circular	r swing and makin	g contact with the	ball in front and t	o the side of the b	ody, whilst transfe	erring body weight	forward
Two hands strike/ backhand	Player can hit 6 c	ut of 10 backhan	ds using a circula	ar swing and makir	ng contact with th	e ball in front and	to the side of the	oody, whilst transf	erring body weigh	it forward
Rally	Player can maint	ain a 6 balls over	the net, crosscou	urt and in rally, thre	ee times, whilst re	covering behind t	ne baseline in bet	ween shots		
Physical Development	Increasingly able	to start and stop	quickly. Able to c	hange direction of	f either foot					

Junior Development Mini Ten	nis I State
Julio Development Willington	
Milestones	
Love the game	Player is increasingly taking responsibility to pack his/ her tennis back the night before practice/ matches
Being a good sport	Player reacts constructively after loosing a point
Score	Player understands all main rules of the game and can keep scores (games and sets) including tiebreaks.
Play	Player commences the rally with an overarm serve, 1st and 2nd serve
Movement	Player can perform a recovery cross overstep to prepare for the next shot
Underarm throw/ serve	Player can underarm feed a partner to help him/ her perform a task
Overarm throw/ serve	Player can serve overhead with an abreviated serve motion diagonally and in using a continental grip
Catch/ Volley	Player uses a continental grip on a forehand and backhand volley
One hand strike/ serve	Players' racquet is vertical for a long hitting zone
One hand strike/ forehand	Player is developing an understanding of court position and its relationship to tactical decision- making
Two hands strike/ backhand	Players' racquet is vertical for a long hitting zone
Rally	Player can serve and maintain a 6 balls over the net, crosscourt and in rally, three times, whilst recovering behind the baseline in between shots
Physical Development	Able to accelerate from a variety of start positions (i.e. standing still, staggered stance, laying down)

Junior Development Full Cou	rt I I ocal
dunior bevelopment 1 un coc	TI LOCAI
Milestones	
Love the game	Player is increasingly taking responsibility to pack his/ her tennis back the night before practice/ matches
Being a good sport	Player reacts constructively after loosing a point
Score	Player understands all main rules of the game and can keep scores (games and sets) including tiebreaks.
Play	Player commences the rally with an overarm serve, 1st and 2nd serve
Movement	Player can perform a recovery cross overstep to prepare for the next shot
Underarm throw/ serve	Player can underarm feed a partner to help him/ her perform a task
Overarm throw/ serve	Player can serve overhead with an abreviated serve motion diagonally and in using a continental grip
Catch/ Volley	Player uses a continental grip on a forehand and backhand volley
One hand strike/ serve	Players' racquet is vertical for a long hitting zone
One hand strike/ forehand	Player is developing an understanding of court position and its relationship to tactical decision- making
Two hands strike/ backhand	Players' racquet is vertical for a long hitting zone
Rally	Player can serve and maintain a 6 balls over the net, crosscourt and in rally, three times, whilst recovering behind the baseline in between sho
Physical Development	Able to accelerate from a variety of start positions (i.e. standing still, staggered stance, laying down)

Indian Danielan mand I Full Count	Tanaia I Daniana I									
Junior Development Full Court	iennis į Regionai									
Milestones										
Love the game	Player can reflect on own ma	tch performance regar	rdless of match or	utcome						
Being a good sport	Player shows strong and pos	itive body language du	uring matches							
Score	Player understands all main	rules of the game and	can keep scores	(games and sets)	including tiebreaks	s, basic positionin	g in singles and d	oubles.		
Play	Player is aware of opponent	s position on court and	I is beginning to a	nticipate flight and	direction of ball					
Movement	Player is attempting to hit ins	ide the court, take the	ball on the rise, w	hen required						
Underarm throw/ serve	Player can underarm feed a	partner from the other	side of the net us	ing a racquet (unc	lerspin) to help hin	n/ her perform a ta	ask			
Overarm throw/ serve	Player is developing a ball to	reloping a ball toss lead (i.e. ball tossing arm leads the racquet arm).								
Catch/ Volley	Player volleys with dominant	hand (and elbow) in fr	ont of the hitting s	shoulder						
One hand strike/ serve	Player can underarm serve (no bounce) from both	deuce and adv. si	de						
One hand strike/ forehand	Player is increasingly loading	(bending his/ her kne	es) before the bal	I bounces on his/	her side					
Two hands strike/ backhand	Player is increasingly loading	(bending his/ her kne	es) before the bal	I bounces on his/	her side					
Rally	Player can serve and mainta	in a 6 balls over the ne	et, crosscourt and	in rally, three time	s, whilst recoverin	g behind the base	eline in between s	hots and loading a	and transferring bo	ody we
Physical Development	Player understands persona	strenghts and can ide	ntify their areas fo	or improvement						

Junior Development Full Co	purt Tennis State
Milestones	
Love the game	Player can show consistent routines between points, between change overs and before matches
Being a good sport	Player consistently gives best effort whatever the match score or situation
Score	Player understands the rules of the game for non umpired matches and all the different formats of play (fast 4, first to 6, different tiebreaks, how many sets)
Play	Player can observe opponent's strenghts and weaknesses and begins to exploit weaknesses
Movement	Player can perceive and use cues related to player's court position and racquet swing
Underarm throw/ serve	Player can underarm feed a partner from the other side of the net using a racquet (top spin) to help him/ her perform a task
Overarm throw/ serve	Player knows the impact of serving wide, body and T.
Catch/ Volley/ Approach	Player can volley the ball away from opponent after moving forward during a competitive rally
One hand strike/ serve	Player can underarm serve (no bounce) from both deuce and adv. side
One hand strike/ forehand	Player is consistently loading (bending his/ her knees) before the ball bounces on his/ her side
Two hands strike/ backhand	Player is consistently loading (bending his/ her knees) before the ball bounces on his/ her side
Rally	Player can serve and maintain a 6 balls over the net, crosscourt and in rally, three times, whilst recovering behind the baseline in between shots and loading and transferring body weight
Physical Development	Able to perform sidearm and overarm throws of a properly weighted medicine ball. Able to jump and hop repetitively with control.

Junior Performance Local	
Milestones	
Love the game	Player can show consistent routines between points, between change overs and before matches
Being a good sport	Player consistently gives best effort whatever the match score or situation
Score	Player understands the rules of the game for non umpired matches and all the different formats of play (fast 4, first to 6, different tiebreaks, how many sets)
Play	Player can observe opponent's strenghts and weaknesses and begins to exploit weaknesses
Movement	Player can perceive and use cues related to player's court position and racquet swing
Underarm throw/ serve	Player can underarm feed a partner from the other side of the net using a racquet (top spin) to help him/ her perform a task
Overarm throw/ serve	Player knows the impact of serving wide, body and T.
Catch/ Volley/ Approach	Player can volley the ball away from opponent after moving forward during a competitive rally
One hand strike/ serve	Player can underarm serve (no bounce) from both deuce and adv. side
One hand strike/ forehand	Player is consistently loading (bending his/ her knees) before the ball bounces on his/ her side
Two hands strike/ backhand	Player is consistently loading (bending his/ her knees) before the ball bounces on his/ her side
Rally	Player can serve and maintain a 6 balls over the net, crosscourt and in rally, three times, whilst recovering behind the baseline in between shots and loading and transferring body weight
Physical Development	Able to perform sidearm and overarm throws of a properly weighted medicine ball. Able to jump and hop repetitively with control.

Junior Performance Regional	
Julior Feriormance Regional	
Milestones	
Love the game	Player can implement a basic game plan
Being a good sport	Player consistently gives best effort whatever the match score or situation
Score	Player can explain the rules of a match including non conventional situations like a let, net invasion
Play	Player understands and can achieve the tactical outcome of patterns of play
Movement	Player can respond to different ball speeds and spins
Underarm throw/ serve	Player can underarm feed a partner from the other side of the net using a racquet (underspin) whilst kneeling down to help him/ her perform a task
Overarm throw/ serve	Player can serve in different locations in the service box by varying their contact point
Catch/ Volley/ Approach	Player can hit a first volley, second volley combination
One hand strike/ serve	Player can underarm serve (no bounce) from both deuce and adv. side with sidespin
One hand strike/ forehand	Player can complete racquet preparation by the time the ball bounces at the player's end of the court
Two hands strike/ backhand	Player can complete racquet preparation by the time the ball bounces at the player's end of the court
Rally	Player can serve and maintain a 6 balls over the net, crosscourt and down the line (figure 8) rally, three times, whilst recovering behind the baseline in between shots and loading and transferring body was a serve and maintain a 6 balls over the net, crosscourt and down the line (figure 8) rally, three times, whilst recovering behind the baseline in between shots and loading and transferring body was a serve and maintain a 6 balls over the net, crosscourt and down the line (figure 8) rally, three times, whilst recovering behind the baseline in between shots and loading and transferring body was a serve and maintain a 6 balls over the net, crosscourt and down the line (figure 8) rally, three times, whilst recovering behind the baseline in between shots and loading and transferring body was a serve and the serve and t
Physical Development	Regularly performing exercises with elastic bands and bodyweight exercises and supports to develop strength endurance capabilities

Junior Performance	Junior Performance State	