



## Blue Stage Competencies

This table should be used as a general guide towards which describes the skills players should aim to achieve during each stage of Tennis Hot Shots. This table is not comprehensive, but instead is an indication of the types of fundamental and perceptual motor skills that children will work on during their Tennis Hot Shots lessons, and what parents can work on with their children outside of lesson time.

To get more information on programme competencies, chat with your Tennis Hot Shots coach.

**Typical age** – 3-5 years

**Racquet size** – 19-21 inch

**Court** – variable

**Ball** – foam ball, large soft balls, balloons, red ball

Area	Application to Tennis	Details
Movement	Movement around the court	Can move sideways, forward, backwards and jump
Catching	Groundstrokes	Can move to a ball and catch it, with one or two hands or a cone or bucket
Throwing	Forehand, backhand, serve and smash	Throw underarm with both hands to various locations. Throw overarm to various locations.
Striking	Forehand, backhand	Roll the ball along the ground. Self-rally with bounce and hit. Achieve a rolling rally with a partner.