

RED 1 CERTIFICATE OF ACHIEVEMENT

Name: _____ Instructor: _____ Date: _____

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

- Observed Infrequently = Developing (DV)
- Observed 3 times in a row = Well Done (WD)

I CAN RALLY

- Underhand Throw & Catch
- I can throw underhand and catch with a partner, move to the ball and recover, just like in an actual tennis rally
- Send a Forehand from a Dropped Ball
- I can drop a ball to myself and send it to a partner. (Skill required to begin a cooperative rally)
- Groundstroke Rally
- I can rally 3 balls in a row on ½ a red court

I CAN START A POINT

- Overhead Throw
- I can throw overhead the length of a red court.
- Underhand Serve
- I can toss the ball up and hit it in the air as an underhand serve into the Red service box.

I AM A GOOD SPORT

- I hug my racquet when listening to the instructor.
- I cooperate with partners during the practice.
- I shake hands after each game.

MY FUNDAMENTALS

- Between shots, I always recover and wait in a ready position.
- I am in a sideways position when sending the ball.
- I impact at waist level.

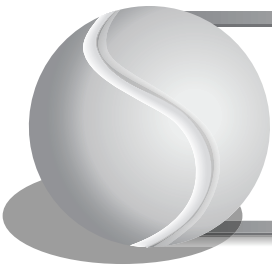
I CAN PLAY POINTS

- I can play a game of Throw Tennis, starting with an overhead throw and rallying with underhand catches.
- I can start the point from behind the baseline.
- I can keep score and call it out loud.

WHAT SHOULD I DO NEXT?

- Recommended Next Session: Red Level 1
- Recommended Next Session: Red Level 2

To register for the next session go to www.nyta.org or email tyler@nyta.org.



RED 2 CERTIFICATE OF ACHIEVEMENT

Name: _____ Instructor: _____ Date: _____

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

- 🎾 Observed Infrequently = Developing (DV)
- 🎾 Observed 3 times in a row = Well Done (WD)

I CAN RALLY

- 🎾 Groundstroke Rally
- 🎾 I can rally 3 balls in a row using my groundstrokes.

I CAN START A POINT

- 🎾 Overhead Serve
- 🎾 I can start a point with an overhead serve into the court.

I CAN PLAY NET

- 🎾 Volley
- 🎾 I can play the net using my volley

I AM A GOOD SPORT

- 🎾 I hug my racquet when listening to the instructor.
- 🎾 I cooperate with partners during the practice.
- 🎾 I shake hands after each game.

MY FUNDAMENTALS

- 🎾 I recover after every shot.
- 🎾 I impact the ball at waist level and out in front on groundstrokes.
- 🎾 I impact the ball at chest level and out in front on volleys.
- 🎾 I am in a sideways position when sending the ball.
- 🎾 I use a throwing action for my overhead serve.

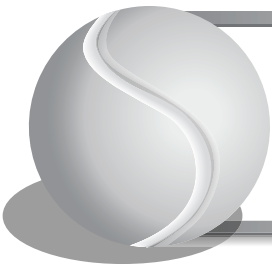
I CAN PLAY POINTS

- 🎾 I can play a game of Red Tennis:
- 🎾 I can set-up my own Red court .
- 🎾 I can keep score and call it out loud.
- 🎾 On 3 different occasions, I have played a game up to 7 points with a friend or with my parents.

WHAT SHOULD I DO NEXT?

- 🎾 Recommended Next Session: Red Level 2
- 🎾 Recommended Next Session: Orange 1 (only if appropriate age)

To register for the next session go to www.nyta.org or email tyler@nyta.org.



ORANGE 1 CERTIFICATE OF ACHIEVEMENT

Name: _____ Instructor: _____ Date: _____

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

- 🎾 Observed Infrequently = Developing (DV)
- 🎾 Observed 3 times in a row = Well Done (WD)

I CAN RALLY

- 🎾 Groundstroke Rally
- 🎾 I can rally 4 balls in a row using my groundstrokes.

I CAN START A POINT

- 🎾 Serve
- 🎾 I can start a point with an overhead serve into the Deuce court and Ad court.

I CAN PLAY NET

- 🎾 Volley
- 🎾 I can direct my volley to the side of the court using my volley.

I AM A GOOD SPORT

- 🎾 I hug my racquet when listening to the instructor.
- 🎾 I cooperate with partners during the practice.
- 🎾 I shake hands after each game.

MY FUNDAMENTALS

- 🎾 I recover after every shot to home base and wait in a ready position.
- 🎾 I impact the ball at waist level and out in front on groundstrokes.
- 🎾 I impact the ball at chest level and out in front on volleys.
- 🎾 I am in a sideways position when sending the ball.
- 🎾 I use a throwing action for my overhead serve.

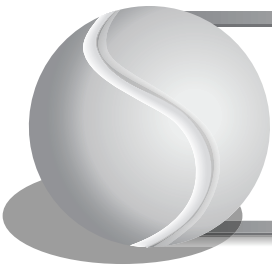
I CAN PLAY POINTS

- 🎾 I can play one serve game and one return game of Orange tennis:
- 🎾 I can set-up my own Orange court .
- 🎾 I can keep score and call it out loud.
- 🎾 I make fair and clear line calls,

WHAT SHOULD I DO NEXT?

- 🎾 Recommended Next Session: Orange 1
- 🎾 Recommended Next Session: Orange 2

To register for the next session go to www.nyta.org or email tyler@nyta.org.



ORANGE 2 CERTIFICATE OF ACHIEVEMENT

Name: _____ Instructor: _____ Date: _____

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

- Observed Infrequently = Developing (DV)
- Observed 3 times in a row = Well Done (WD)

I CAN RALLY

- Groundstroke Rally
- I can rally 6 balls in a row using my groundstrokes.

I CAN START A POINT

- Serve
- I can start a point with an overhead serve directed to the backhand side of my partner in the Deuce court and Ad court.

I CAN PLAY NET

- Volley
- I can complete a sequence of an approach shot, a volley to the open court, and an overhead during play.

I AM A GOOD SPORT

- I hug my racquet when listening to the instructor.
- I cooperate with partners during the practice.
- I shake hands after each game.

MY FUNDAMENTALS

- I recover to the correct place at the right time with a wait in ready position.
- I impact the ball at wait level and out in front on groundstrokes.
- I impact the ball at chest level and out in front on volleys.
- I am in a balanced sideways position when sending the ball.
- I use a throwing action for my overhead serve.

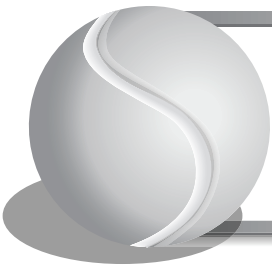
I CAN PLAY POINTS

- I can play a "short set" to 4 with a tie-breaker at 3-3:
- I can set-up my own Orange court.
- I can keep score and call it out loud.
- I make fair and clear line calls,

WHAT SHOULD I DO NEXT?

- Recommended Next Session: Orange 1
- Recommended Next Session: Green

To register for the next session go to www.nyta.org or email tyler@nyta.org.



GREEN CERTIFICATE OF ACHIEVEMENT

Name: _____ Instructor: _____ Date: _____

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

- 🎯 Observed Infrequently = Developing (DV)
- 🎯 Observed 3 times in a row = Well Done (WD)

I CAN RALLY

- 🎯 Groundstroke Rally
- 🎯 I can rally 6 balls in a row using my groundstroke.

I CAN START A POINT

- 🎯 I can start a point with an overhead serve and directed to the backhand side of my partner in the deuce court and Ad court.
- 🎯 After my first serve I have the advantage in the point.

I CAN PLAY NET

- 🎯 I can direct my volley to the backhand of my partner and finish the point with an overhead.

I AM A GOOD SPORT

- 🎯 I make eye contact when listening to the instructor.
- 🎯 On close line calls I give the benefit of the doubt to the partner and try to continue play.
- 🎯 I always give my best effort where winning or losing in respect to the integrity of the sport.

MY FUNDAMENTALS

- 🎯 I look to use my Forehand in the middle lane to take the advantage in the point
- 🎯 I know when to go down the line
- 🎯 I know when I should rally higher and lower balls

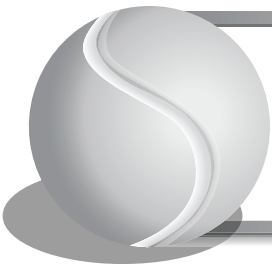
I CAN PLAY POINTS

- 🎯 I understand the scoring of a tie breaker.
- 🎯 I make sure all balls up and courts are tiding when I finish practice.
- 🎯 I change sides of the court on odd games

WHAT SHOULD I DO NEXT?

- 🎯 Recommended Next Session: Green
- 🎯 Recommended Next Session: Yellow Ball

To register for the next session go to www.nyta.org or email tyler@nyta.org.



YELLOW CERTIFICATE OF ACHIEVEMENT

Name: _____ Instructor: _____ Date: _____

ALL SKILLS ARE ASSESSED DURING MATCH PLAY:

- 🎯 Observed Infrequently = Developing (DV)
- 🎯 Observed 3 times in a row = Well Done (WD)

I CAN RALLY

- 🎯 Groundstroke Rally
- 🎯 I can rally 8 balls in a row past the service line using my groundstroke.

I CAN START A POINT

- 🎯 I can start a point with an overhead serve and directed to the backhand side of my partner with the ball peaking at the 3/4 court in the deuce court and Ad court.
- 🎯 After my first serve I have the advantage in the point and make the returner take 1 step way from their ready position.

I CAN PLAY NET

- 🎯 I can direct my volley with placement making my partner take at least 2 steps.

I AM A GOOD SPORT

- 🎯 I focus on applying the task that the instructor has emphasize.
- 🎯 I responsible for coming to the tennis lesson prepared (tennis shoes, water, racquets and clothing)

MY FUNDAMENTALS

- 🎯 I know the proper court positioning base on my ball quality (up, back and stay)
- 🎯 I know when to approach the net
- 🎯 I am looking to take time away from my partner by taking the ball at peak
- 🎯 I know basic double positioning

I CAN PLAY POINTS

- 🎯 I have played a tournament match
- 🎯 I have played a doubles match (league match or tournament)

WHAT SHOULD I DO NEXT?

- 🎯 Recommended Next Session: Yellow Ball
- 🎯 Recommended Next Session: HP tryout

To register for the next session go to www.nyta.org or email tyler@nyta.org.