

Player Development Pathway Card

(Ball Type: 6-7 Foam-Green Dot, 8 -11 Foam-Green Dot-High Comp, 11-18 Foam-High Comp)

Silver (1) Ages 6-18

Student Name _____ Age _____

Tennis Pro _____ Session Date _____ - _____

Class Level: Low Intermediate, Tournament Type: USTA Entry Level

Tennis Pro Scoring Key:

1 = Novice, 2 = Developing, 3 = Excels

Required Skills

- ◆ Understands all scoring scenarios, pre-match preparation & warm up, line calls & scoring announcement during match play 1____ 2____ 3____
- ◆ Recites the “5 step” self-check method (*Tracking, Preparation, balance, point of contact & follow through*) 1____ 2____ 3____
- ◆ Rallies w/pro 15 times or w/player 10 times using Green Dot balls from baseline (60’ or 78” court) 1____ 2____ 3____
- ◆ Transitioning to slice serve & hits slice serve to correct service box 40% of the time with 2 serves (60’ or 78” court) 1____ 2____ 3____
- ◆ Returns serve 50 % of the time in the middle of the court (*singles*) and developing cross court return (*doubles*) 1____ 2____ 3____
- ◆ Developing volley and groundstroke split step to initiate unit turn for change of direction 1____ 2____ 3____
- ◆ Learning doubles positioning, movement & strategy, and developing fundamentals of point play for both singles and doubles 1____ 2____ 3____
- ◆ Developing all groundstroke stances (*square, semi-open, open*) to accommodate full court movement (60’ or 78” court) 1____ 2____ 3____
- ◆ Volley’s (*Forehand/backhand*) w/pro 10 times consecutively and can hit overheads in the air off pro feed 1____ 2____ 3____
- ◆ Applies mental toughness methods (*managing adversity, using a positive mental attitude & positive self-talk, manage emotions, dealing with on court controversy and conflict*) 1____ 2____ 3____

Overall Score:

_____ 0-10 (Novice) _____ 11-24 (Developing) _____ 25-30 (Move - Silver II)

*** Silver 1 Estimated Graduation: 6—12 Sessions ***

Area (s) of Achievement:

Recommendations/Comments:

**Portland Tennis Center • 324 NE 12th Avenue, Portland, Oregon 97232
503-823-3189 • portlandoregon.gov/parks/tennis**



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