

Player Development Pathway Card

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

Silver (2) Ages 8-18

Student Name _____ Age _____

Tennis Pro _____ Session Date _____ - _____

Class Level: Intermediate, Tournament Type: USTA Entry Level

Tennis Pro Scoring Key:

1 = Novice, 2 = Developing, 3 = Excels

Required Skills

- ◆ Applies the "5 step" self-check method (*Tracking, Preparation, balance, point of contact & follow through*) 1___ 2___ 3___
- ◆ Rallies w/player 10 times using high compression balls and/or 15-20 times using green dot balls from baseline (*60' or 78" court*) 1___ 2___ 3___
- ◆ Uses slice serve a majority of the time and hits to correct service box 50% of the time with 2 serves (*60' or 78" court*) 1___ 2___ 3___
- ◆ Developing topspin variations to change ball height, depth & direction, and is learning how to use angles 1___ 2___ 3___
- ◆ Developing more direction with return of serve and is learning to transition to the net on shorter balls (*singles & doubles*) 1___ 2___ 3___
- ◆ Developing defensive lob technique for both singles and doubles play
1___ 2___ 3___
- ◆ Volley's (*Forehand/backhand*) w/player 10 times consecutively w/high compression balls and/or 15 w/green dot balls 1___ 2___ 3___
- ◆ Uses midair overheads during match play and is developing overhead placement
1___ 2___ 3___
- ◆ Understands basic doubles movement, positioning and strategy 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 - Gold I)

*** Silver 2 Estimated Graduation: 6—12 Sessions ***

Area (s) of Achievement:

Recommendations/Comments:

**Portland Tennis Center • 324 NE 12th Avenue, Portland, Oregon 97232
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