

# Player Development Pathway Card

(Ball Type: Foam-High Compression)

## Gold (2) Ages 10-18

Student Name \_\_\_\_\_ Age \_\_\_\_\_

Tennis Pro \_\_\_\_\_ Session Date \_\_\_\_\_ - \_\_\_\_\_

Class Level: Low Advanced, Tournament Type: USTA Intermediate

### Tennis Pro Scoring Key:

1 = Novice, 2 = Developing, 3 = Excels

### Required Skills

- ◆ Routinely uses the “5 step” self-check method (*Tracking, Preparation, balance, point of contact & follow through*) 1 \_\_\_ 2 \_\_\_ 3 \_\_\_
- ◆ Developing skills to self-correct strokes, evaluate opponent’s strengths and weaknesses, adhere to match strategy, create post-match analysis, make basic strategic adjustments during competition 1 \_\_\_ 2 \_\_\_ 3 \_\_\_
- ◆ Rallies w/player 20-25 times cross court and down the line using high compression balls from baseline (*78” court*) 1 \_\_\_ 2 \_\_\_ 3 \_\_\_
- ◆ Developing a forehand weapon and an inside out & inside in forehand 1 \_\_\_ 2 \_\_\_ 3 \_\_\_
- ◆ Uses a variety of both slice & kick serve to the correct service box 70% of the time with 2 serves 1 \_\_\_ 2 \_\_\_ 3 \_\_\_
- ◆ Developing service direction and accuracy for the following placements: (*Down the T, Into the body, Wide cross court, Sharp angle*) 1 \_\_\_ 2 \_\_\_ 3 \_\_\_
- ◆ Developing serve and volley technique during competition 1 \_\_\_ 2 \_\_\_ 3 \_\_\_
- ◆ Demonstrates and uses an offensive and defensive slice (*forehand & backhand*) during baseline rallies and is developing slice approach shots when transitioning to the net 1 \_\_\_ 2 \_\_\_ 3 \_\_\_
- ◆ Developing (*singles & doubles*) return of serve with pace, spin, depth, angles & placement, including using a defensive slice & defensive lob 1 \_\_\_ 2 \_\_\_ 3 \_\_\_
- ◆ Recognizes when to adjust return of serve position during competition and can attack 2<sup>nd</sup> serve 1 \_\_\_ 2 \_\_\_ 3 \_\_\_

## Continued Required Skills:

- ◆ **Volley's (Forehand/backhand) w/player 30 times consecutively w/high compression ball and is developing an approach volley, half volley and put away volley in transition 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:

\_\_\_ 0-12 (Novice) \_\_\_ 13-30 (Developing) \_\_\_ 31-36 (Move - Diamond I)

\* Gold 2 Estimated Graduation: 12 Sessions \*

### Area (s) of Achievement:

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### Recommendations/Comments:

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