

Red Stage Coaching Checklist – End of Term Review

Player Name: _____

Coach: _____

Term: _____ Year: _____

1. Fundamental Movement Skills

	✔ Got it	🔄 Getting closer	! Growing into it
Agility – Able to move quickly and change direction efficiently.			
Balance – Maintains stability during movement and strokes.			
Coordination – Able to track and make contact with the ball consistently.			

2. Sending & Receiving Skills

Can throw and catch a ball with control.			
Can rally using an underarm or drop feed.			
Tracks the ball and moves into position before hitting.			

3. Tennis Specific Movement & Coordination

Moves to the ball early and adjusts positioning.			
Uses small adjustment steps to maintain balance.			
Recovers effectively after hitting a shot.			

4. Basic Serve & Return

Can perform a basic underarm serve.			
Returns a serve with control.			
Moves into position after serving or returning.			

5. Rally & Game Play

Can maintain a rally with a partner (3+ shots).			
Demonstrates basic decision-making (where to hit the ball).			
Engages in competitive mini-games with a positive attitude.			

Coach Signature: _____ Date: _____