



#### GENERAL DESCRIPTION:

## Level 5 is broadly defined as the 'cooperative rally stage'.

- Players have refined skills into basic techniques and can apply them accurately, hitting single ball feeds with control.
- In a 'cooperative rally', they use simple groundstroke technique and perform with consistency (3/4 shots).
- Their range of shots is developing and they can adapt their technique in response to changing game situations (e.g. when at net, they play a volley).
- They understand basic tactics such as maintaining good court position, moving the opponent and hitting to weaknesses.
- They are developing a good understanding of the full game including scoring and are beginning to make the transition to competitive tennis matches.



# Level 5

## DETAILED BREAKDOWN:

### LEVEL 5C

For all pupils...

#### (Developing Skills)

- The range of skills is developing in that they can coordinate both arms to make contact with an over-arm serve. Whilst serving over the net and into the court may not yet be consistent, they show understanding of the service action and can serve crosscourt towards the service box.
- A repeatable, fluent 'shape of swing' is developing on the groundstrokes (forehand and backhand) assuming a consistent incoming ball.
- They make good contact with the ball on a regular basis in a cooperative rally situation.
- Technique can be modified to improve performance when at the net to hit simple volleys with control 'over the net and in the court'.

#### (Making and applying decisions)

- When both back, the player can select shots so that they consistently hit the ball 'over and in' with both forehand and backhand strokes, although one shot is likely to be favoured.
- Compositional ideas are executed by linking two shots together in a simple game.
- Aiming the ball is relative to the opponent's position.
- With a developing range of shots they can plan and implement simple strategies such as moving opponent.
- Players can score points in a simple game.

### LEVEL 5B

Most players will...

#### (Developing Skills)

- Serve consistently overarm so that serves regularly go 'over and in.'
- Have a wider range of shots including forehands and backhands in the game situation of 'when both at back' and 'when returning'. A repeatable, 'shape of swing' is recognisable on the groundstrokes.
- Hit both backhand and forehand volleys with control when hitting 'over and in'.

#### (Making and applying decisions)

- Have established basic court positions in singles.
- Plan strategies of 'moving opponents', 'using strengths' and 'attacking weaknesses'.
- Can compare and comment on the difference between a first and second serve and will be able to put these tactics into practice.
- Are beginning to use compositional ideas such as a serve followed by groundstrokes on a more consistent basis.
- Are familiar with how to score points and games.

### LEVEL 5A

Some players will have progressed further and...

#### (Developing Skills)

- A difference between the first serve and the second serve is developing.
- Have control and fluency of technique, so that they are capable of more than a 'cooperative rally' and the emphasis is on moving the opponent.
- Can vary the speed of their shots.
- Volleys are hit with control and can be used to hit away from the opponent.
- Technique is modified for smashes and lobs but these are more in a learning situation than regular deliberate shots in rallies.

#### (Making and applying decisions)

- Basic court positions are understood.
- They can plan and implement tactics of 'moving opponents'.
- They can compare and comment on the strengths and weaknesses of their own game and opponents.
- Players regularly use compositional ideas such as a serve followed by groundstrokes within a competitive game or are moving to the net to play a volley following an approach shot within a rally.
- Players are familiar with how to score points, games and sets.