

Name:

Bronze



	Skills	Physical	Psychological	Tactics	
<b>A</b>	<ul style="list-style-type: none"> <li>Correct grips with transitions. <input type="checkbox"/></li> <li>Positive racket carriage. <input type="checkbox"/></li> <li>Split steps on all shots. <input type="checkbox"/></li> <li>Basic technique for backhand low serve. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Attempts the warm-up exercises. <input type="checkbox"/></li> </ul>			<b>Bronze A</b>
<b>B</b>	<ul style="list-style-type: none"> <li>Bolt pose and elbow leads on overheads. <input type="checkbox"/></li> <li>Correct Pose for net shots. <input type="checkbox"/></li> <li>Basic technique of forehand high serve. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Attempts to return to base. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Understands the basic laws of the game. <input type="checkbox"/></li> </ul>		<b>Bronze B</b>
<b>C</b>	<ul style="list-style-type: none"> <li>Basic execution of FH &amp; BH drive <input type="checkbox"/></li> <li>Movements (split-step, travelling, lunge, jumping) <input type="checkbox"/></li> <li>Striking skills (forearm rotation focus) underarm and overarm. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Focus's on ABC'S (agility, balance, co-ordination and speed. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Understands the ethics of the game. <input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Personal spatial awareness <input type="checkbox"/></li> </ul>	<b>Bronze C</b>
	<ul style="list-style-type: none"> <li>Comments:</li> </ul>				