



TENNIS IRELAND

SKILL AWARDS

Roger Geraghty

Director of Development

Tennis Ireland

SKILL AWARDS



The Tennis Ireland Skill Awards were designed by Roger Geraghty in 2004 and are based on the Co-ordination Programme, the Self Rally Programme and the Mini Tennis Progressions from the first Module of our Level 1 Coaches Education Course.

The Awards were amended in 2005 and again in 2008

There are five awards and six skills in each award.

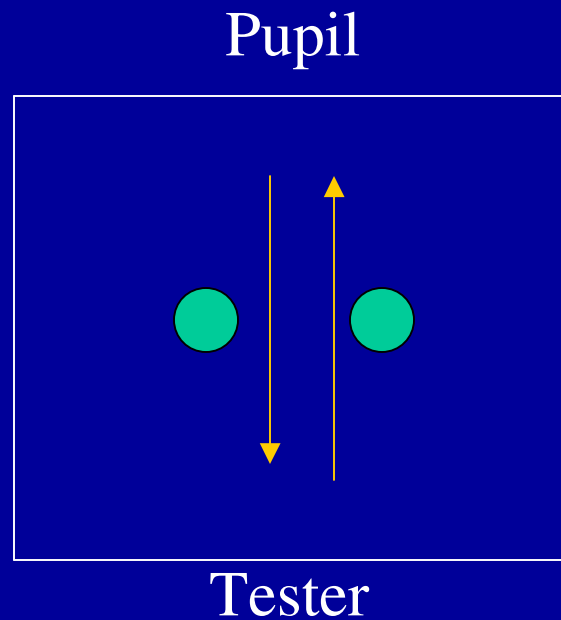
A Certificate is presented to children as they achieve each award.

When a child achieves the 5th award, they are ready to play mini tennis low key matches on a court 11 x 5.5 metres using a modified scoring system in a multi match team event

SKILL AWARD 1



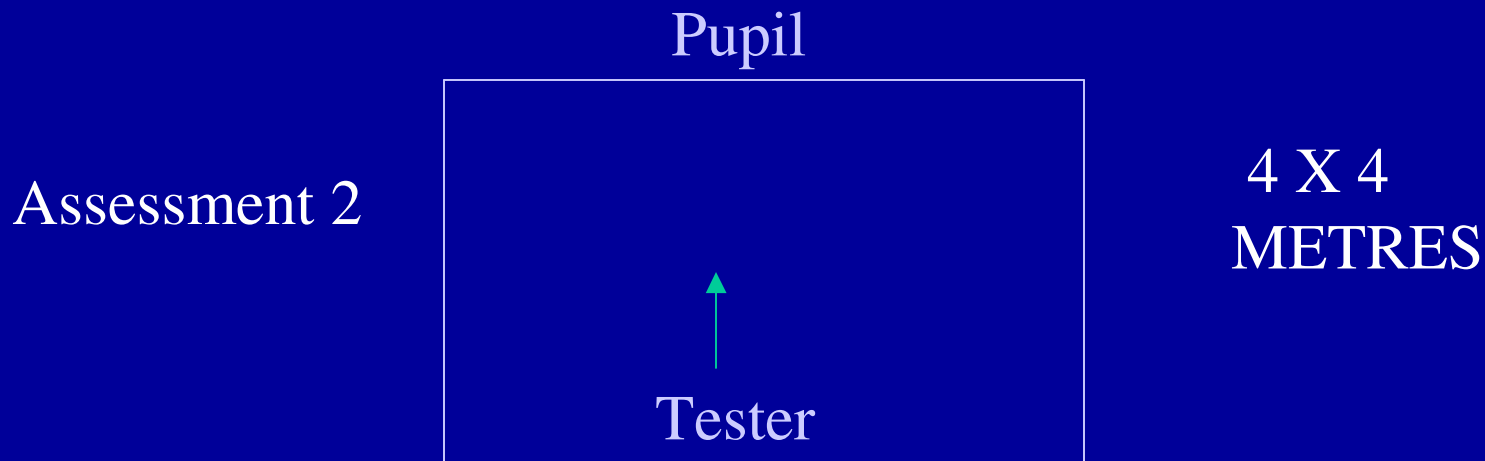
Assessment 1
Roll accuracy



4 x 4 Metres
Cones 1 metre apart

Pupil has 10 attempts to roll a ball along the ground through the two cones without touching either cone. Must achieve 8 out of 10. (3 attempts)

SKILL AWARD 1

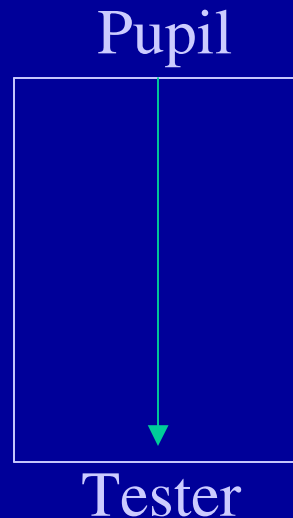


Tester & pupil stand on a line 4 x 4 metres opposite each other.
Tester throws ball under arm half way between pupil and tester.
Pupil attempts to catch the ball after the bounce.
Pupil must achieve 8 successful catches out of 10 consecutive balls. Pupil can refuse a poor feed. (3 attempts)

SKILL AWARD 1



Assessment 3



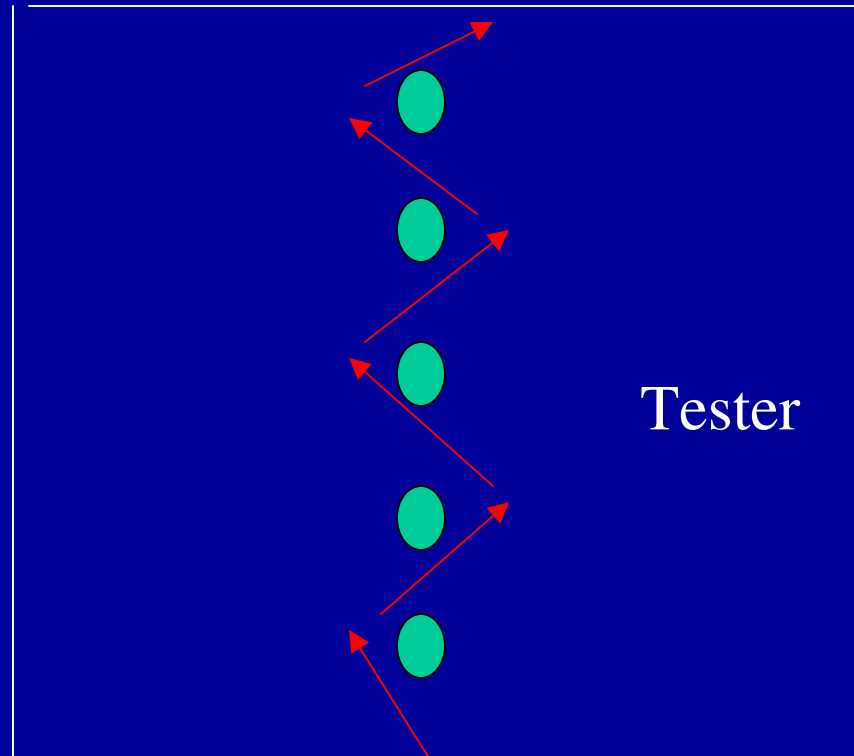
6 X 2
METRES

Tester & pupil stand on a line 6 x 3 metres opposite each other.
Pupil attempts to throw ball over arm to the Tester with the correct technique without the ball bouncing bounce.
Pupil must achieve 8 successful throws out of 10 consecutive balls.

SKILL AWARD 1



Assessment 4



Cones
1 metre apart

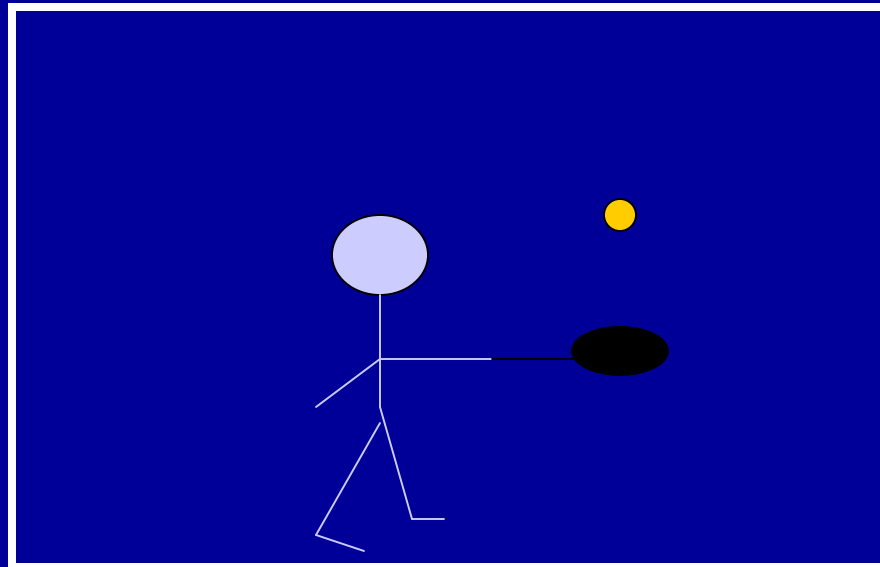
Pupil

Pupil balances a ball on his/her racket and attempts to walk in and out of the 5 cones and back without dropping a ball. Pupil has 3 attempts to complete the course.

SKILL AWARD 1



Assessment 5



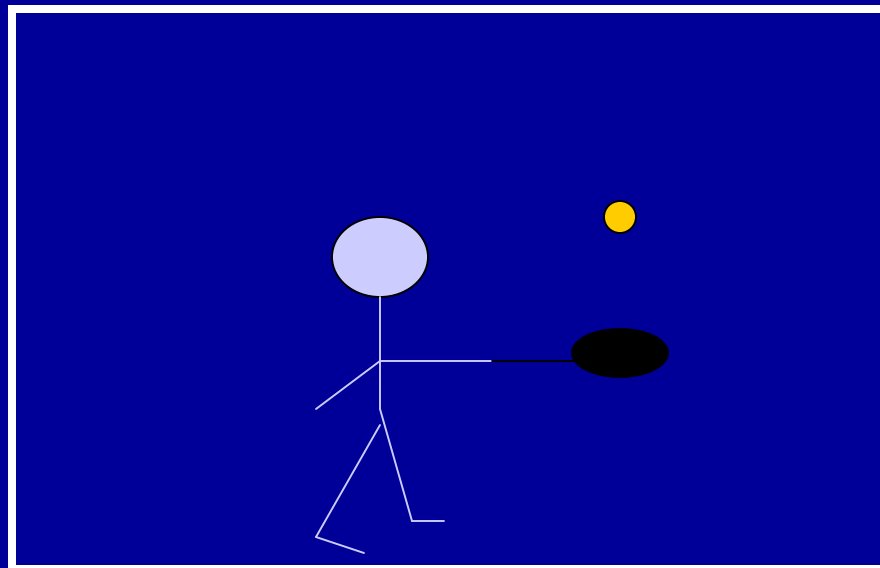
4 x 4metres

Pupil stands inside an area 4 x 4 metres. Pupil attempts to self rally 10 forehand ground strokes (palm up). Pupil has 3 attempts to succeed.

SKILL AWARD 1



Assessment 6



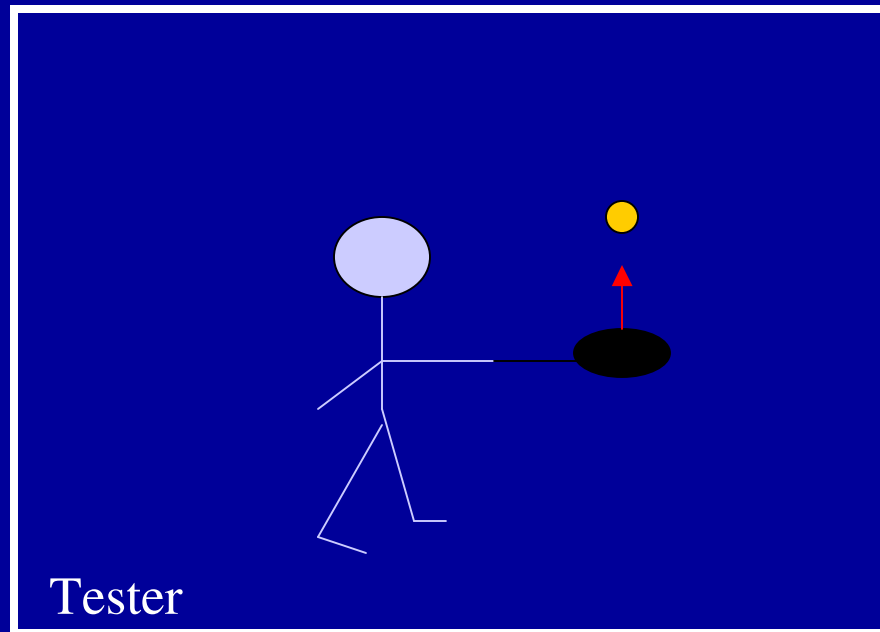
4 x 4metres

Pupil stands inside an area 4 x 4 metres. Pupil attempts to self rally 10 backhand ground strokes (palm down). Pupil has 3 attempts to succeed.

SKILL AWARD 2



Assessment 1



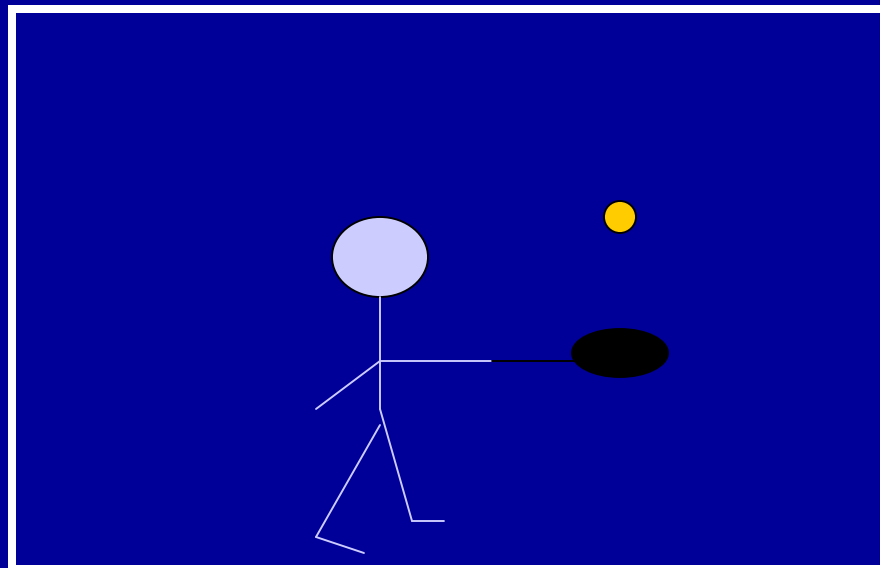
4 x 4metres

Pupil stands inside an area 4 x 4 metres. Pupil attempts to bounce 10 balls in row in the air without making a mistake. Pupil has 3 attempts to succeed.

SKILL AWARD 2



Assessment 2



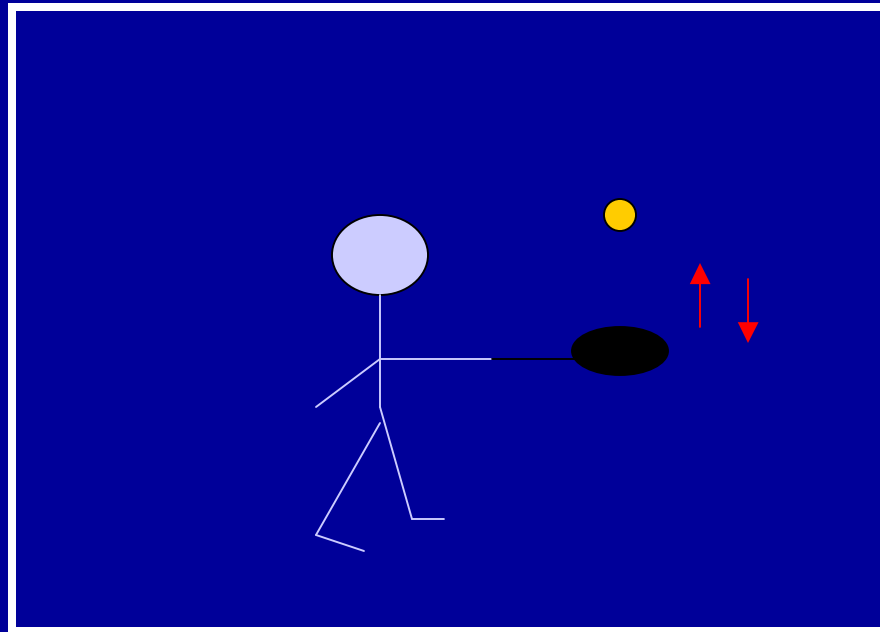
4 x 4metres

Pupil stands inside an area 4 x 4 metres. Pupil attempts to self rally 10 alternate forehand (palm up) & backhand (palm down) ground strokes. (5 of each) Pupil has 3 attempts to succeed.

SKILL AWARD 2



Assessment 3



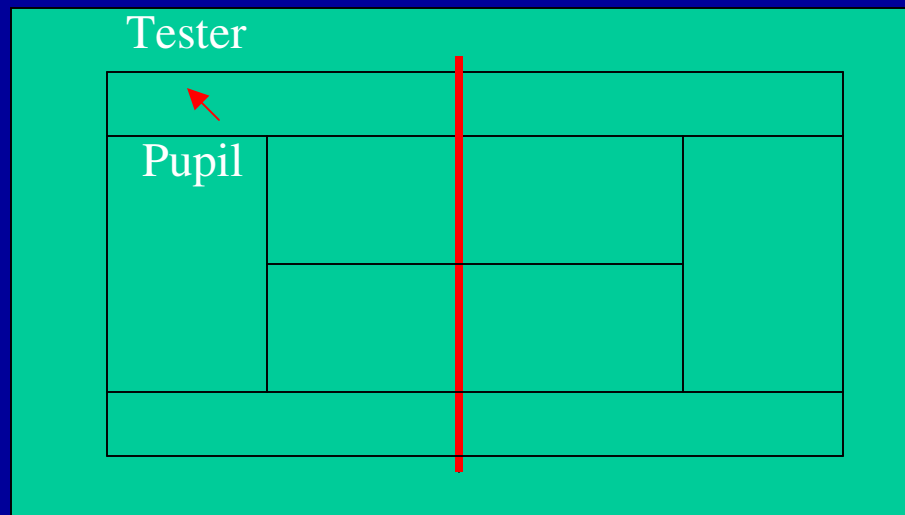
4 x 4metres

Pupil stands inside an area 4 x 4 metres. Pupil attempts to bounce 10 alternate balls on the front and back of racket (twiddles) without making a mistake. Pupil has 3 attempts to succeed.

SKILL AWARD 2



Assessment 4



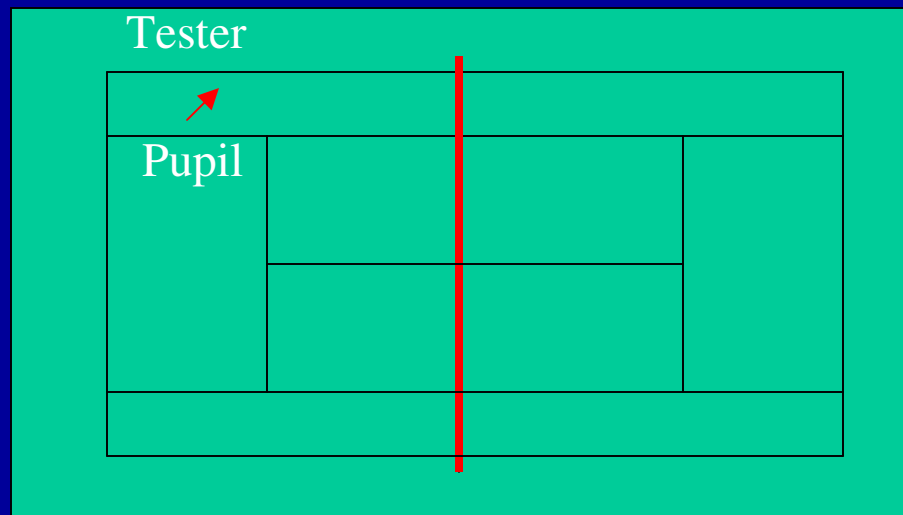
Micro Court Dimension -
Tram Lines

Pupil stands behind the inside Tram Line and the Tester stands behind the outside tram line. Pupil attempts to rally 10 forehand ground strokes (Palm up) with the tester keeping the ball inside the two tramlines without making a mistake. Pupil has 3 attempts to succeed.

SKILL AWARD 2



Assessment 5



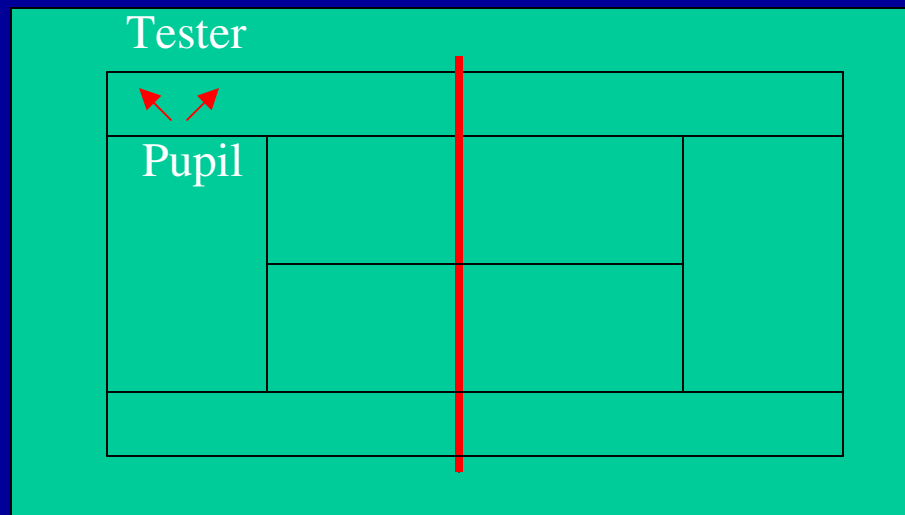
Micro Court Dimension -
Tram Lines

Pupil stands behind the inside Tram Line and the Tester stands behind the outside tram line. Pupil attempts to rally 10 Backhand ground strokes (Palm down) with the tester keeping the ball inside the two tramlines without making a mistake. Pupil has 3 attempts to succeed.

SKILL AWARD 2



Assessment 6



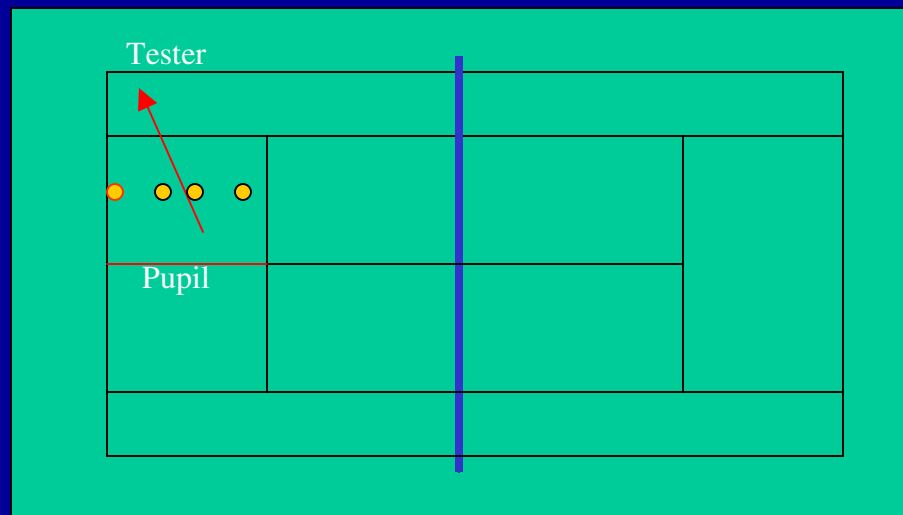
Micro Court Dimension -
Tram Lines

Pupil stands behind the inside Tram Line and the Tester stands behind the outside tram line. Pupil attempts to rally 10 alternate forehand & backhand ground strokes with tester keeping the ball inside the two tramlines without making a mistake. Pupil has 3 attempts to succeed.

SKILL AWARD 3



Assessment 1



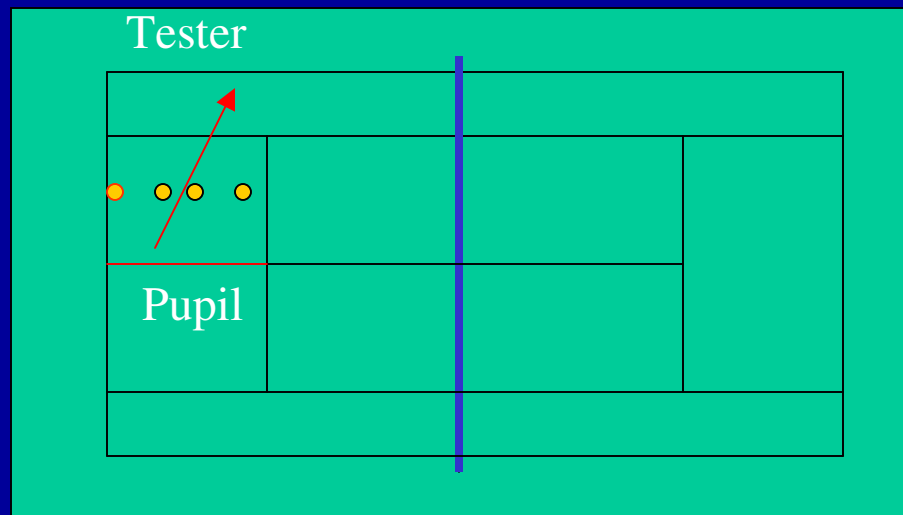
Micro Court dimension -
Outside Tramline to an
extension of the centre
service line.
Pupils rally
Over a row of cones as the
obstacle

Pupil stands behind drop down lines as an extension of the centre service line and the Tester stands behind the outside tram line. Pupil attempts to rally 10 forehand ground strokes over the cones with the tester keeping the ball inside the micro court without making a mistake. Pupil has 3 attempts to succeed.

SKILL AWARD 3



Assessment 2



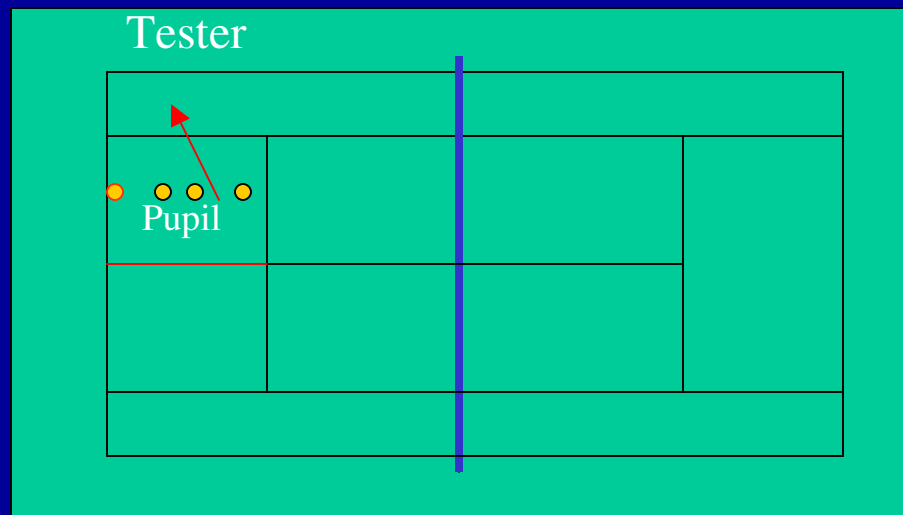
Micro Court dimension -
Outside Tramline to an
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Pupils rally
Over a row of cones as the
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SKILL AWARD 3



Assessment 3



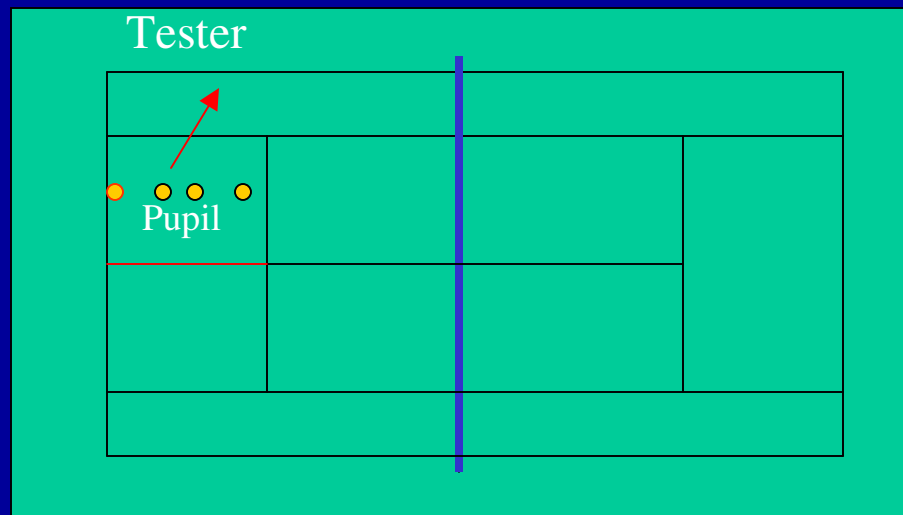
Micro Court dimension -
Outside Tramline to an
extension of the centre
service line.
Pupils rally
Over a row of cones as the
obstacle

Pupil stands behind drop down lines as an extension of the centre service line and the Tester stands behind the outside tram line. Pupil attempts to rally 10 forehand volleys from behind the cones with the tester keeping the ball inside the micro court without making a mistake. Pupil has 3 attempts to succeed.

SKILL AWARD 3



Assessment 4



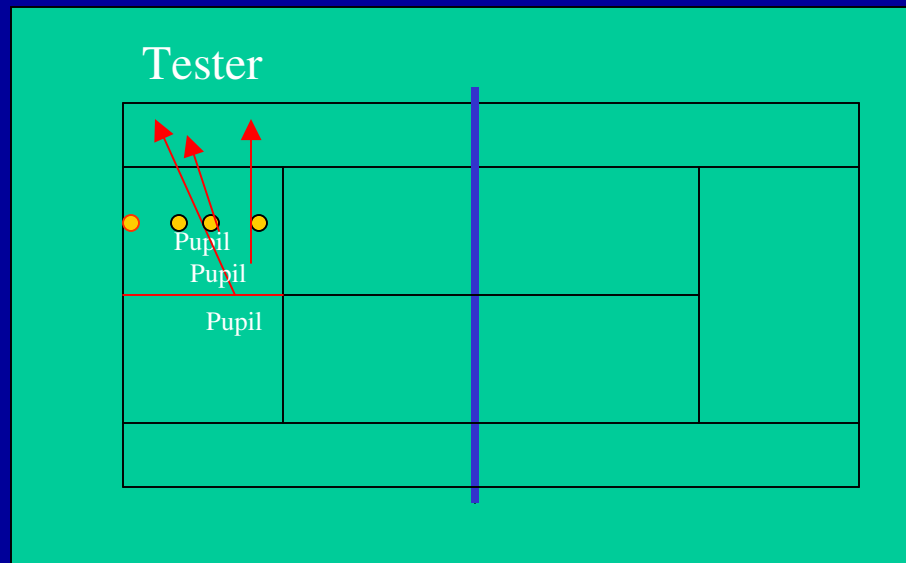
Micro Court dimension -
Outside Tramline to an
extension of the centre
service line.
Pupils rally
Over a row of cones as the
obstacle

Pupil stands behind drop down lines as an extension of the centre service line and the Tester stands behind the outside tram line. Pupil attempts to rally 10 backhand volleys from behind the cones with the tester keeping the ball inside the micro court without making a mistake. Pupil has 3 attempts to succeed.

SKILL AWARD 3



Assessment 5



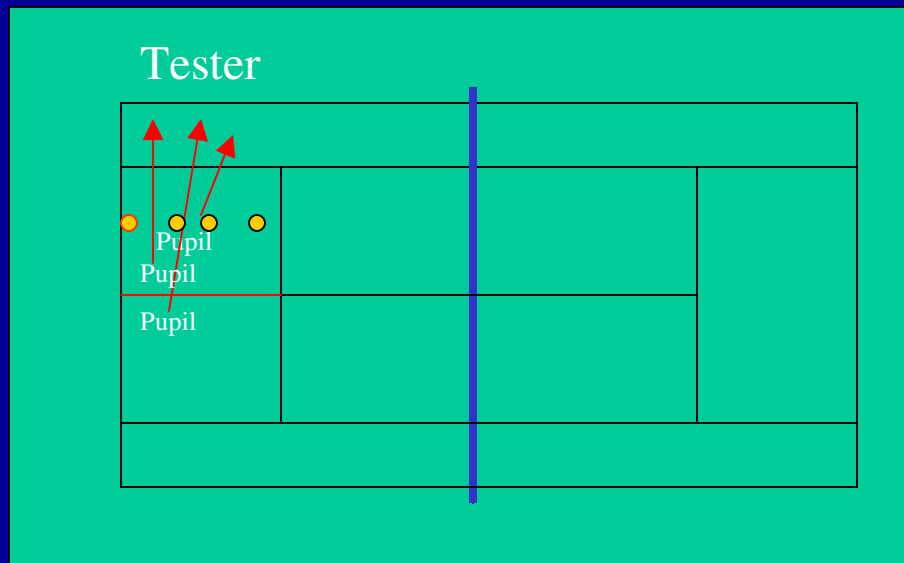
Micro Court dimension -
Outside Tramline to an
extension of the centre
service line.
Pupils rally
Over a row of cones as the
obstacle

Pupil serves under arm to other side of court. Tester feeds a short ball to pupils forehand, pupil hits an approach shot and approaches the net, tester feeds a ball to the pupils forehand volley and pupil attempts to volley into the court. Must complete 3 three shot sequences to succeed. 3 attempts

SKILL AWARD 3



Assessment 6



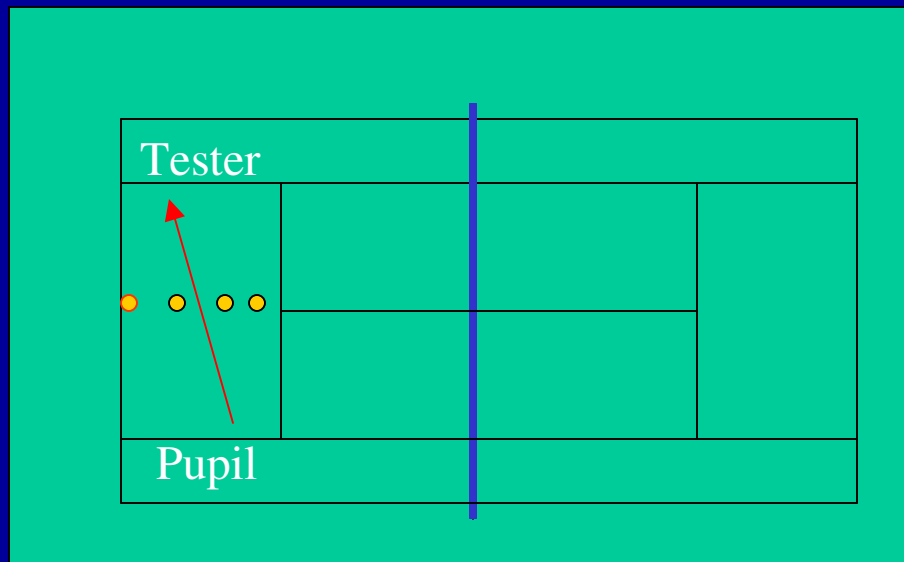
Micro Court dimension -
Outside Tramline to an
extension of the centre
service line.
Pupils rally
Over a row of cones as the
obstacle

Pupil serves under arm to other side of court. Tester feeds a short ball to pupils
Backhand, pupil hits an approach shot and approaches the net, tester feeds a ball to the
pupils backhand volley and pupil attempts to volley into the court. Must complete 3
three shot sequences to succeed. 3 attempts

SKILL AWARD 4



Assessment 1



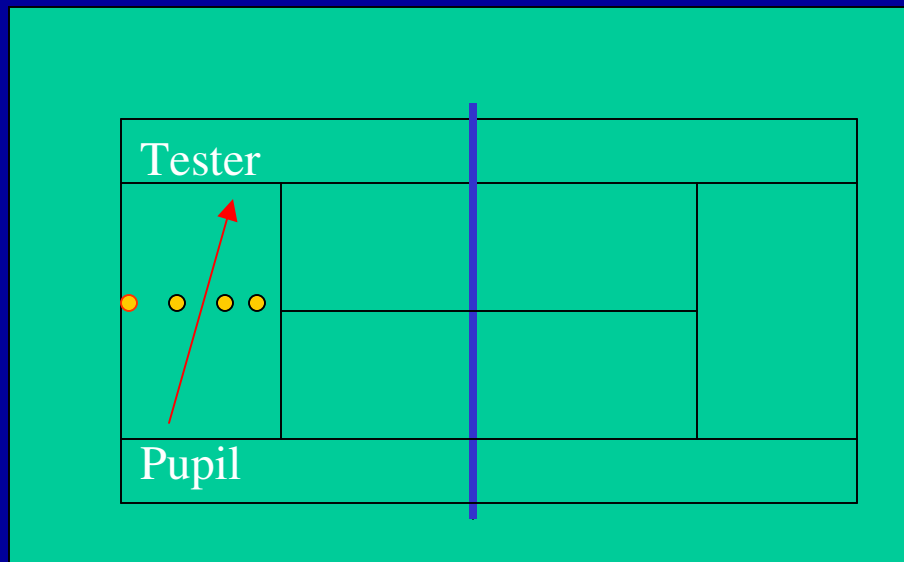
Micro Court Dimension-
Between the 2 inside Tramlines
Pupils rally over a row of cones
as the obstacle

Pupil serves under arm to Tester. Tester feeds the ball to pupils forehand. Pupil attempts to rally 10 crosscourt forehand ground strokes to tester. 3 attempts.

SKILL AWARD 4



Assessment 2



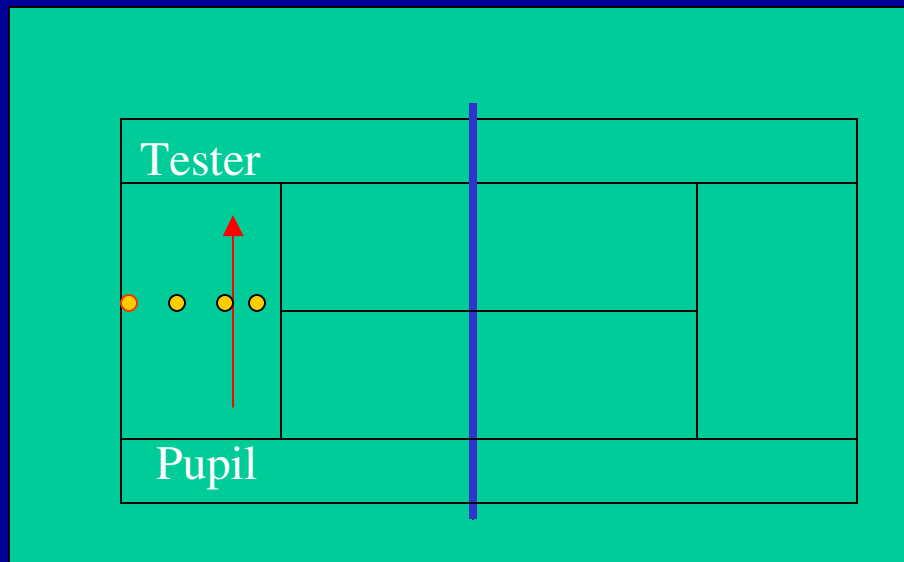
Micro Court Dimension-
Between the 2 inside Tramlines
Pupils rally over a row of cones
as the obstacle

Pupil serves under arm to Tester. Tester feeds the ball to pupils backhand. Pupil attempts to rally 10 crosscourt backhand ground strokes to tester. 3 attempts.

SKILL AWARD 4



Assessment 3



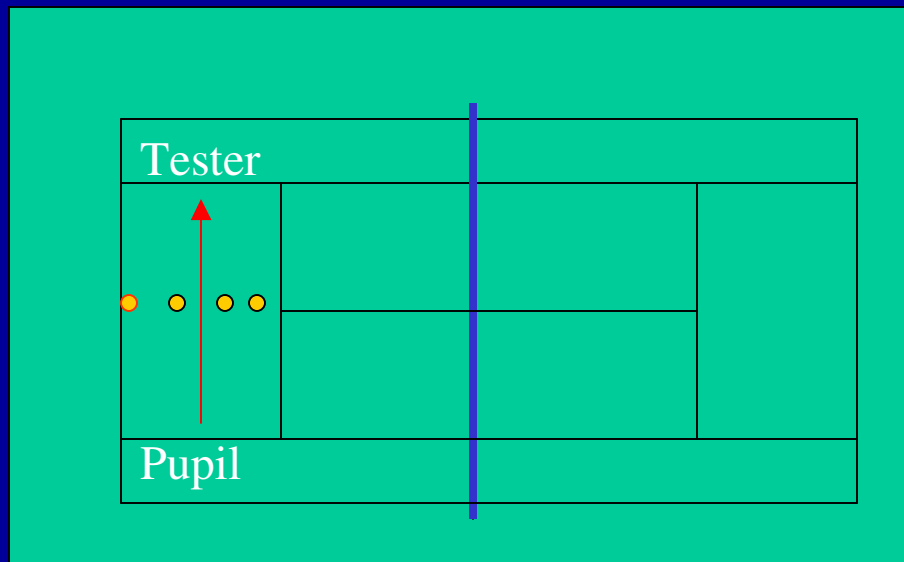
Micro Court Dimension-
Between the 2 inside Tramlines
Pupils rally over a row of cones
as the obstacle

Pupil serves under arm to Tester. Tester feeds the ball to pupils forehand. Pupil attempts to rally 5 down the line forehand ground strokes to tester. 3 attempts.

SKILL AWARD 4



Assessment 4



Micro Court Dimension-
Between the 2 inside Tramlines
Pupils rally over a row of cones
as the obstacle

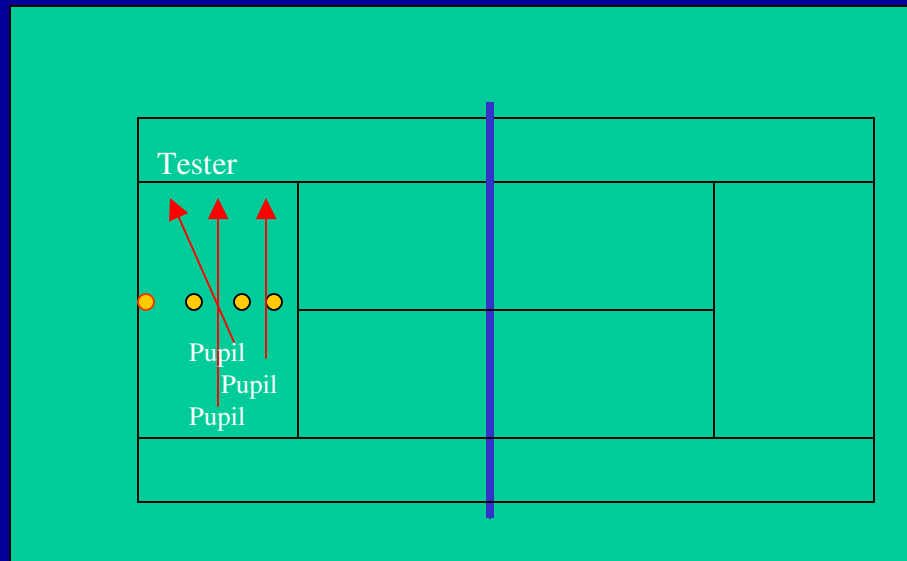
Pupil attempts to throw ball over arm with correct technique to the Tester without the ball bouncing bounce.

Pupil must achieve 8 successful throws out of 10 consecutive balls.

SKILL AWARD 4



Assessment 5



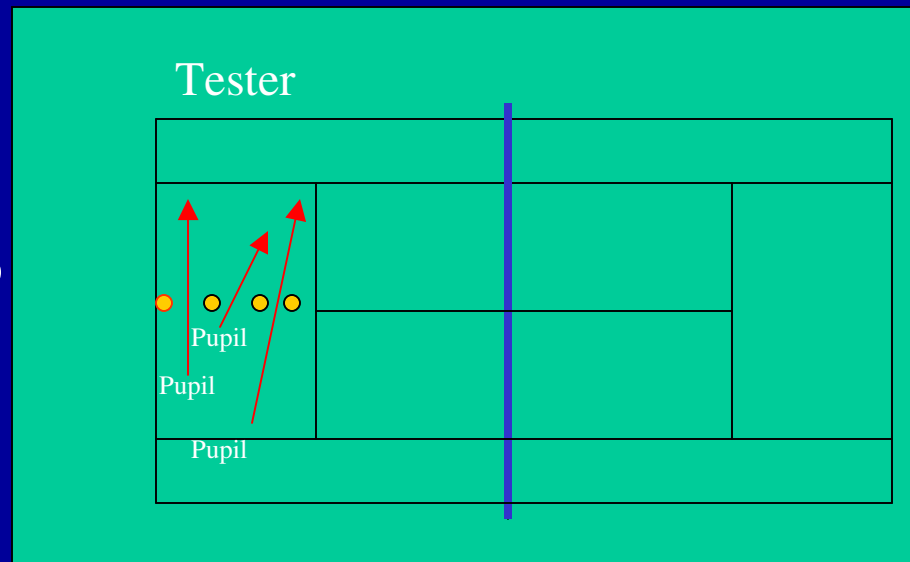
Micro Court Dimension-
Between the 2 inside Tramlines
Pupils rally over a row of cones
as the obstacle

Pupil serves under arm to Tester. Tester feeds a short ball to pupils Forehand. Pupil approaches down the line. Tester feeds a ball to the pupils forehand volley. Pupil volleys into the open court. Must make 3 successful series of three. 3 attempts.

SKILL AWARD 4



Assessment 6



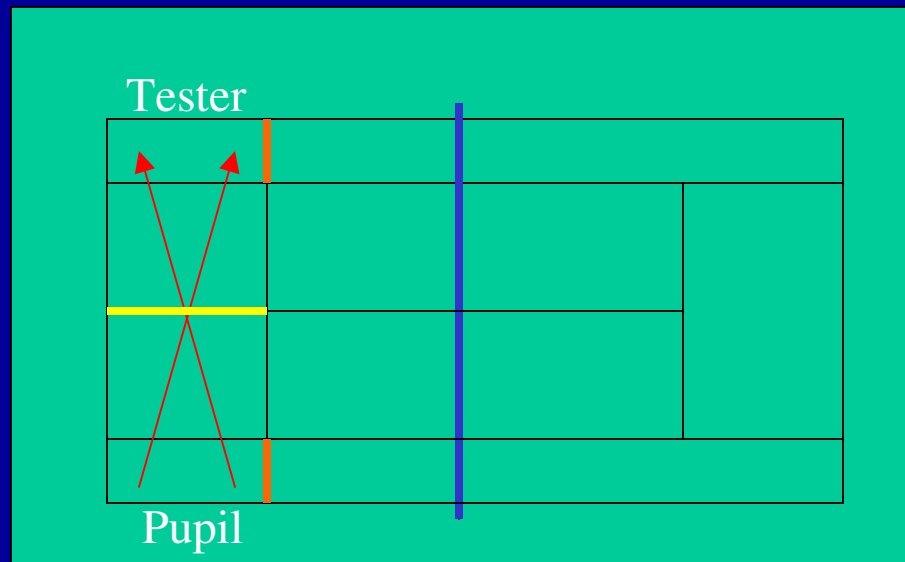
Micro Court Dimension-
Between the 2 inside Tramlines
Pupils rally over a row of cones
as the obstacle

Pupil serves under arm to Tester. Tester feeds a short ball to pupils backhand. Pupil approaches down the line. Tester feeds a ball to the pupils backhand volley. Pupil volleys into the open court. Must make 3 successful series of three. 3 attempts.

SKILL AWARD 5



Assessment 1



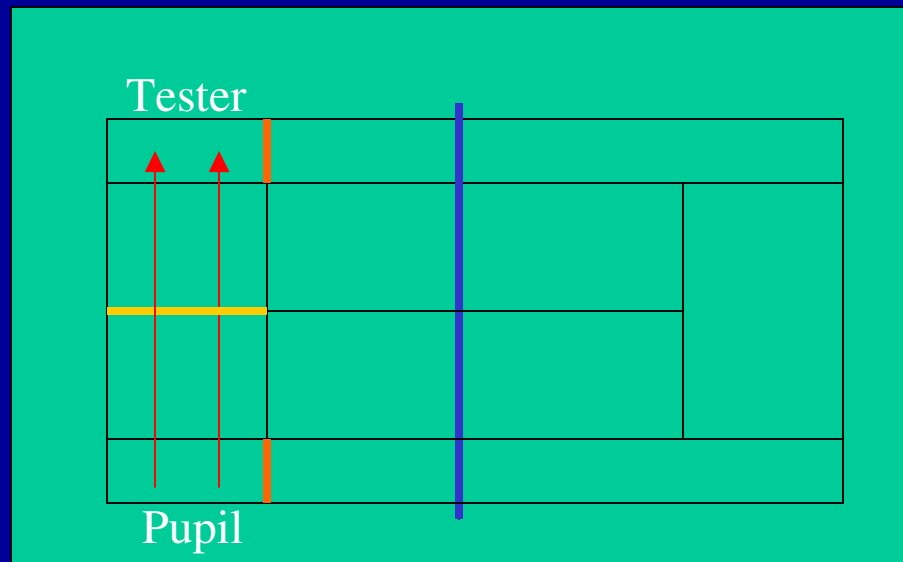
Mini Court Dimension -
Between 2 outside Tramlines
over Mini Tennis Net

Pupil serves under arm to Tester. Tester returns the ball to the pupils forehand to start a rally. Pupil must hit 5 alternate forehand and backhands crosscourt (10 shots). 3 attempts.

SKILL AWARD 5



Assessment 2



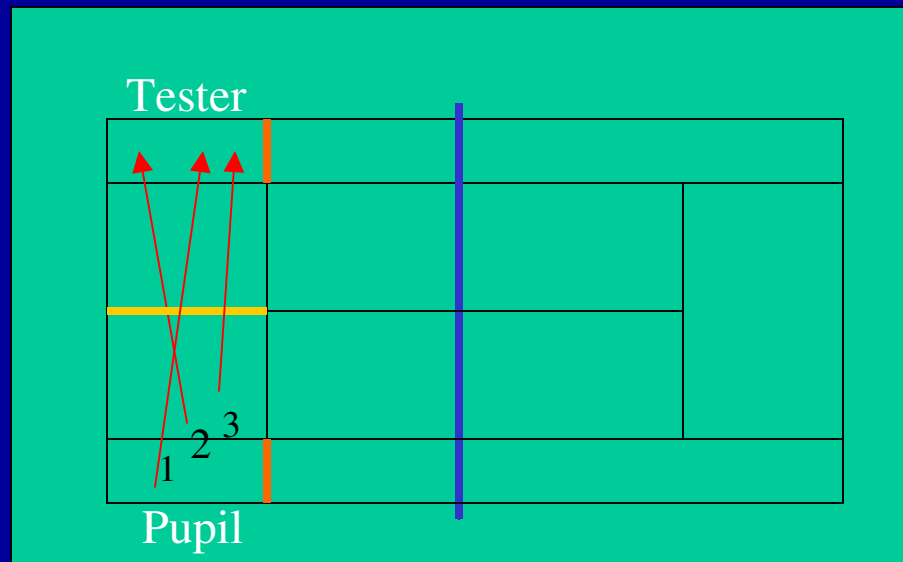
Mini Court Dimension -
Between 2 outside Tramlines
over Mini Tennis Net

Pupil serves under arm to Tester. Tester returns the ball to the pupils forehand to start a rally. Pupil must hit 5 alternate forehand and backhands down the line (10 shots). 3 attempts.

SKILL AWARD 5



Assessment 3



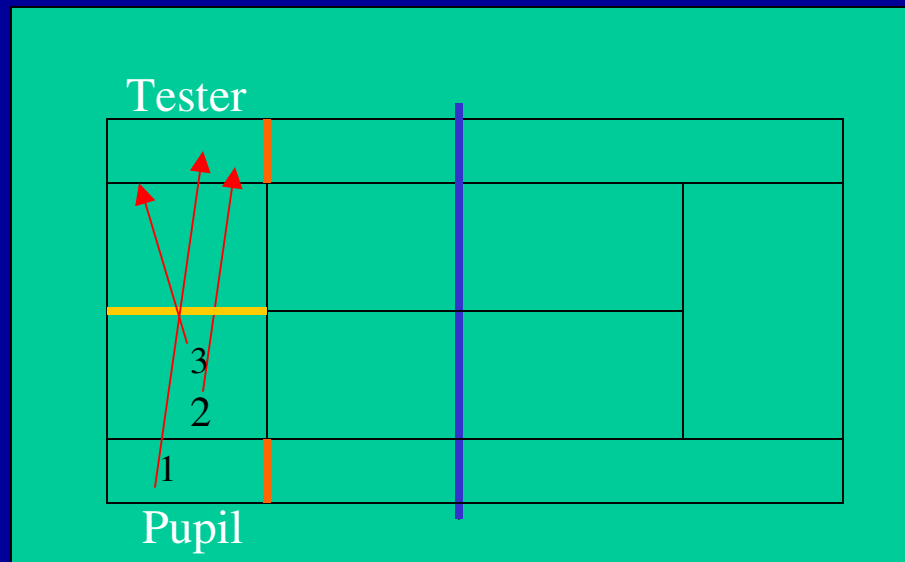
Mini Court Dimension -
Between 2 outside Tramlines
over Mini Tennis Net

Pupil serves under arm to Tester. Tester returns the ball towards the centre of the base line. The pupil takes the ball on the forehand and sends it crosscourt. The feeder sends the ball back crosscourt and short to pupils forehand. Pupil hits ball into open court. Must hit 3 series of three. 3 attempts.

SKILL AWARD 5



Assessment 4



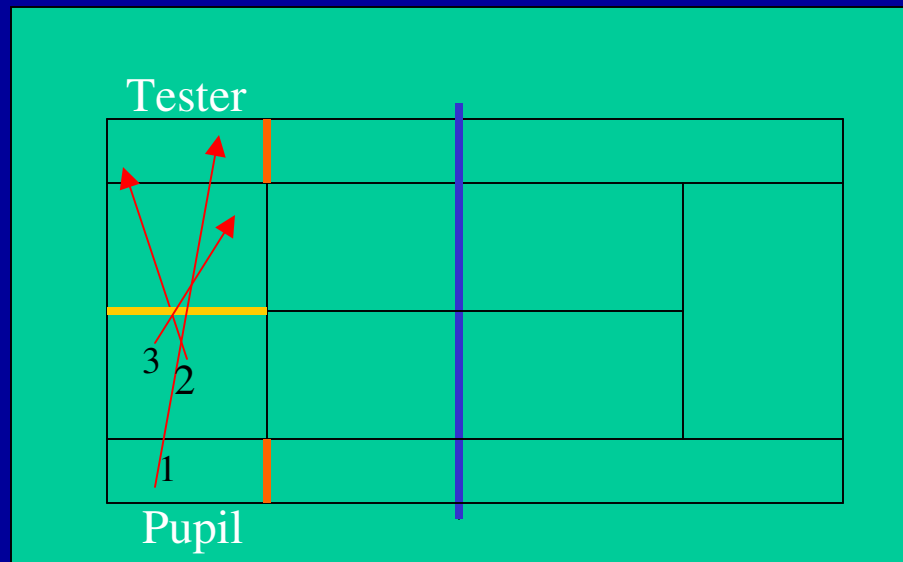
Mini Court Dimension -
Between 2 outside Tramlines
over Mini Tennis Net

Pupil serves under arm to Tester. Tester returns the ball short to the pupils forehand. The pupil plays an approach shot down the line. The feeder sends the ball back to the pupils forehand. Pupil volleys the ball into the open court. Must hit 3 series of three. 3 attempts.

SKILL AWARD 5



Assessment 5



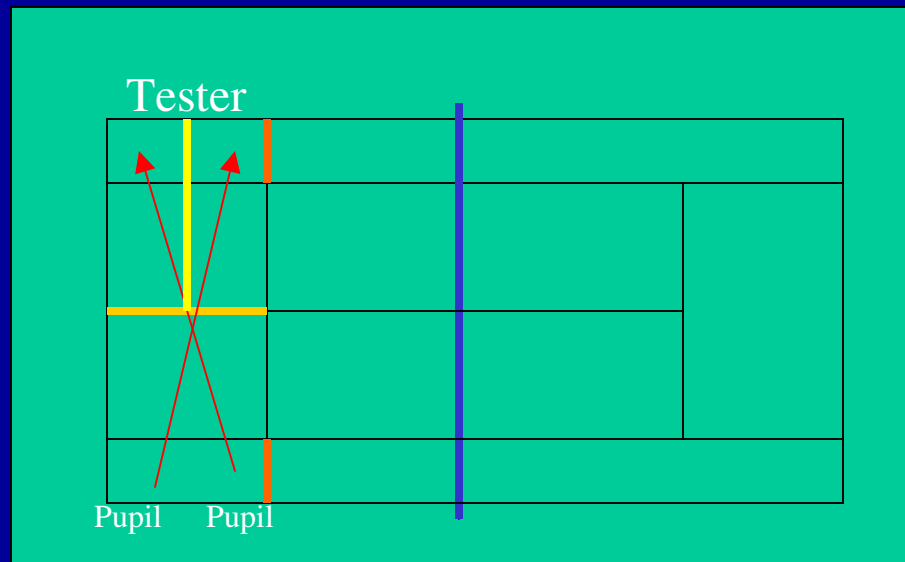
Mini Court Dimension -
Between 2 outside Tramlines
over Mini Tennis Net

Pupil serves under arm to Tester and moves in following the path of the ball. Tester returns to the pupils forehand. The pupil plays a cross court forehand volley. The feeder plays the ball down the line. The pupil hits a backhand volley into the open court. Must hit 5 series of three. 3 attempts.

SKILL AWARD 5



Assessment 6



Mini Court Dimension -
Between 2 outside Tramlines
over Mini Tennis Net

Pupil hits a blocked over arm serve to the backhand and the forehand halves of the opposite side of the court. Divide one half of the court in two using drop down lines or a row of cones Must achieve 3 out of 5 serves on both sides.

SKILL AWARDS



On completion of the Awards the children are well prepared to play low key multi match team events organised at club level

Roger Geraghty

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