

	Program	Age		ANZ Hot Shots Stage	Ball Stage	Court Size	Tags
FUNdamentals	Preschoolers	3 to 4 years old	FPMS 15	Blue	Red	3m/8.23m (SMALL PORTABLE)	[Category] FPMS 15 Registered: FPMS 15 MVTC [Category] FPMS 15 Registered: FPMS 15 TKSTH
FUNdamentals	Preschoolers		FPMS 30	Blue	Red	3m/8.23m (SMALL PORTABLE)	[Category] FPMS 30 Registered: FPMS 30 MVTC
FUNdamentals	Preschoolers		FPMS 40	Blue	Red	6m/10.97m (LARGE PORTABLE)	[Category] FPMS 40 Registered: FPMS 40 MVTC
FUNdamentals	Preschoolers		FPMS Advantage	Blue	Red	6m/10.97m (LARGE PORTABLE)	[Category] FPMS Ad Registered: FPMS Ad MVTC
FUNdamentals	Kinder	5 to 6 years old	Game'	Red	Red	6m/10.97m (LARGE PORTABLE)	[Category] Game Registered: Game MVTC
FUNdamentals	Kinder		Set'	Red	Red	6m/10.97m (LARGE PORTABLE)	[Category] Set Registered: Set MVTC
FUNdamentals	Kinder	7 to 8 years old	Match'	Red	Red	6m/10.97m (LARGE PORTABLE)	[Category] Match Registered: Match MVTC
Junior Development	Mini Tennis	9+	Local'	Orange	Orange	6.4m/18m (DROP DOWN LINES)	[Category] Local Orange Registered: Local Orange MVTC
Junior Development	Mini Tennis		Regional'	Orange	Orange	6.4m/18m (DROP DOWN LINES)	[Category] Regional Orange Registered: Regional Orange MVTC
Junior Development	Mini Tennis		NSW State'	Orange	Orange	6.4m/18m (DROP DOWN LINES)	[Category] NSW State Orange Registered: NSW State Orange MVTC
Junior Development	Full Court	11+	Local'	Green	Green	8.23m/23.77m (FULL COURT)	[Category] Local Green Registered: FPMS 15 MVTC
Junior Development	Full Court		Regional'	Green	Green	8.23m/23.77m (FULL COURT)	[Category] Regional Green Registered: FPMS 15 MVTC
Junior Development	Full Court		NSW State'	Green	Green	8.23m/23.77m (FULL COURT)	[Category] NSW State Green Registered: FPMS 15 MVTC
Junior Development	Full Court		Local'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC
Junior Performance	Full Court		Regional'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC
Junior Performance	Full Court		NSW State'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC
Junior Performance	Full Court		National'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC
Junior Performance	Full Court		International'	Yellow	Yellow	8.23m/23.77m (FULL COURT)	[Category] FPMS 15 Registered: FPMS 15 MVTC
						ps://youtu.be/4rvBQ7Gsaf	
						https://www.tennis.com.au/learn/rules-and-scoring/10-and-under-tennis-rules/courts-nets-and-lines	

	FUNdamentals Preschoolers Tennis 30							
	Milestones							
	Love the game	Player is motivated to participate in all activities						
	Being a good sport	Player can listen to the coach and follow instructions						
	Score	Player can count the number of times they perform an activity						
	Play	Player can send a rolling ball using both sides of their body						
	Movement	Player can maintain balance standing on one leg						
	Underarm throw	Player can put the ball in play using an underarm throw						
	Overarm throw	Player can put the ball in play using an overarm throw						
	Double hand throw	Player can put a large ball in play using a double hand side-on throw						
	Catch	Player can catch a ball after the bounce with a bucket or cone on both sides of their body						
	Trap	Player can trap a ball rolling towards them on both sides of their body (hands and racquet)						
	Two hands strike	Player can strike- roll the ball along the ground with two hands using a racquet to different locations on the court						
	One hand strike	Player can strike- roll the ball along the ground with one hand using a racquet to different locations on the court						

	FUNdamentals Preschoolers Tennis 40							
	Milestones							
	Love the game	Player is motivated to participate in all activities						
	Being a good sport	Player can cooperate with others and take turns						
	Score	Players can differentiate between the first and second bounce						
	Play	Players can have a continuous rolling rally with a partner						
	Movement	Players can move sideways, run forwards and walk backwards looking over their shoulders						
	Underarm throw	Player can underarm throw with both left and right hands to a nominated location						
	Overarm throw	Player can perform an overarm throw from a side on position						
	Double hand throw	Player can throw a large ball off right and left sides using two hands						
	Catch	Player can catch a ball on the full with a bucket or cone to the side of their body						
	Rally	Player can trap - self rally with a bounce						
	Two hands strike	Player can strike a ball using two hands off a cone with their dominant hand at the bottom of their racquet						
	One hand strike	Player can self rally with a bounce and hit in a nominated area						

	FUNdamentals Preschoolers Tennis Advantage							
	Milestones							
	Love the game	Player can name our local Grand Slam ' The Australian Open'						
	Being a good sport	Players can hug their racquet when listening to the coach						
	Score	Player can state when the ball is in or out of court						
	Play	Player can play a game of throw tennis, starting with an overarm throw and rallying with underarm catches						
	Movement	Player can maintain balance while moving sideways						
	Underarm throw/ serve	Player can drop and hit forehand to different locations						
	Overarm throw/ serve	Player can throw overarm to various locations on the court						
	Catch/ Volley	Volley with one or two hands ove the net with a simple blocking action						
	One hand strike/ serve	Player can drop and hit forehand over the net and in						
	One hand strike/ forehand	Player can contact at waist level using a low to high swing shape on forehand side						
	Two hands strike/ backhand	Player can contact at waist level using a low to high swing shape on backhand side						
	Rally	Self feed to a partner over the net and have the partner catch the ball with their hands						

	FUNdamentals Kinder Tennis Game								
		5+							
	Milestones								
	Love the game	Player knows the names of all Grand Slams							
	Being a good sport	Player attempt to touch racquets and acknowledge everyone's efforts after each activity							
	Score	Player can demonstrate where to stand when serving and returning							
	Play	Player can drop and hit a ball to a partner and can continue the rally by hitting a forehand or backhand off the returned underarm throw							
	Movement	Player can start and return to an athletic ready position during a rally							
	Underarm throw/ serve	Player can drop serve with topspin and throw to the correct side so their partner can strike it							
	Overarm throw/ serve	Player can rotate from a side on position to a front on position after throwing							
	Catch/ Volley	Player can volley the ball to different locations using a simple forehand and backhand action							
	One hand strike/ serve	Player can drop and hit forehand over the net, crosscourt and in							
	One hand strike/ forehand	Player can hit 6 out of 10 forehands in the court with topspin							
	Two hands strike/ backhand	Player can hit 6 out of 10 backhands in the court with topspin							
	Rally	Self rally 5 times whilst keeping inside a service box or his/ her red stage court side							
	Physical Development	Able to skip rhythmically							

	FUNdamentals Kinder Tennis Set								
	Milestones								
	Love the game	Players can set up their own red court							
	Being a good sport	Players always touch racquets and acknowledge everyone's efforts after each activity							
	Score	Player know the name of every line, can keep the score and call it out loud							
	Play	Player can count the number of balls in a cooperative rally and try to improve score with each new rally							
	Movement	Player can demonstrate a jab step/ unit turn and keeps his/ her non dominant hand on the racquet and to the side of their body							
	Underarm throw/ serve	Player can throw/ serve with topspin to the correct side (FH and BH) so their partner can strike it							
	Overarm throw/ serve	Player can serve overhead with a catapult serve- motion							
	Catch/ Volley	Player can impact the ball at chest level and out in front on volleys.							
	One hand strike/ serve	Player can bounce hit to targets (cross court and down the line) with topspin from neutral stance							
	One hand strike/ forehand	Player can hit 6 out of 10 forehands down the line with topspin using a neutral stance							
	Two hands strike/ backhand	Player can hit 6 out of 10 down the line backhands with topspin using a neutral stance							
	Rally	Self rally alternating with a partner 10 times whilst keeping inside a service box or his/ her red stage court side							
	Physical Development	Able to side step to the left and right and also to transition into a run							

	FUNdamentals Kinder Tennis Match								
	Milestones								
	Love the game	Players can play a fast4 match with friends and family							
	Being a good sport	Player calls the lines fairly							
	Score	Player knows where to stand and recover to when serving and returning on both deuce and ad sides.							
	Play	Player can continue to play crosscourt after a serve and return.							
	Movement	Player is able to move in different directions and stop with balance							
	Underarm throw/ serve	Player can serve with topspin to the correct side (Deuce and Adv.) diagonally and in and force their opponent to move							
	Overarm throw/ serve	Player can serve overhead with a catapult serve- motion or abbreviated serve motion diagonally and in							
	Catch/ Volley	Player is beginning to use a continental grip to hit a forehand and backhand volley							
	One hand strike/ serve	Player can bounce hit crosscourt with topspin from semi open stance							
	One hand strike/ forehand	Player can hit 6 out of 10 forehands down the line with topspin using a neutral stance and eastern/ semi western grip							
	Two hands strike/ backhand	Player can hit 6 out of 10 down the line backhands with topspin using a neutral stance and grip within acceptability parameters							
	Rally	Player can maintain a 6 balls over the net and in rally, three times.							
	Physical Development	Performs light static stretches, dynamic stretches and mobility exercises to help to ready the body to play/ have fun and cool down.							

	Junior Development Mini Tennis Local								
	Milestones								
	Love the game	Player can name our top female and male top 3 players							
	Being a good sport	Player says 'good shot' or clap their racquet after their opponent plays a good shot							
	Score	Player knows when to change ends during a match and moves organically from deuce side to adv. side after every point							
	Play	Player can return down the line and continue to play crosscourt after that							
	Movement	Player is beginning to adjust his/ her movement in response to the depth, direction and spin of the ball							
	Underarm throw/ serve	Player can serve with topspin to the correct side (Deuce and Adv.) diagonally and in and transfer body weight forward							
	Overarm throw/ serve	Player can serve overhead with an abbreviated serve motion diagonally and in							
	Catch/ Volley	Player has racquet head above the wrist and contacts the ball with a short swing in front of the body							
	One hand strike/ serve	Player can bounce hit with underspin (slice)							
	One hand strike/ forehand	Player can hit 6 out of 10 forehands using a circular swing and making contact with the ball in front and to the side of the body							
	Two hands strike/ backhand	Player can hit 6 out of 10 backhands using a circular swing and making contact with the ball in front and to the side of the body							
	Rally	Player can maintain a 6 balls over the net, crosscourt and in rally, three times.							
	Physical Development	Able to perform sit ups, cartwheels, (supported) handstands and (modified) push ups							

	Junior Development Mini Tennis State									
	Milestones									
	Love the game	Player is increasingly taking responsibility to pack his/ her tennis back the night before practice/ matches								
	Being a good sport	Player reacts constructively after loosing a point								
	Score	Player understands all main rules of the game and can keep scores (games and sets) including tiebreaks.								
	Play	Player commences the rally with an overarm serve, 1st and 2nd serve								
	Movement	Player can perform a recovery cross overstep to prepare for the next shot								
	Underarm throw/ serve	Player can underarm feed a partner to help him/ her perform a task								
	Overarm throw/ serve	Player can serve overhead with an abbreviated serve motion diagonally and in using a continental grip								
	Catch/ Volley	Player uses a continental grip on a forehand and backhand volley								
	One hand strike/ serve	Players' racquet is vertical for a long hitting zone								
	One hand strike/ forehand	Player is developing an understanding of court position and its relationship to tactical decision- making								
	Two hands strike/ backhand	Players' racquet is vertical for a long hitting zone								
	Rally	Player can serve and maintain a 6 balls over the net, crosscourt and in rally, three times, whilst recovering behind the baseline in between shots								
	Physical Development	Able to accelerate from a variety of start positions (i.e. standing still, staggered stance, laying down)								

	Junior Development Full Court Local									
	Milestones									
	Love the game	Player is increasingly taking responsibility to pack his/ her tennis back the night before practice/ matches								
	Being a good sport	Player reacts constructively after loosing a point								
	Score	Player understands all main rules of the game and can keep scores (games and sets) including tiebreaks.								
	Play	Player commences the rally with an overarm serve, 1st and 2nd serve								
	Movement	Player can perform a recovery cross overstep to prepare for the next shot								
	Underarm throw/ serve	Player can underarm feed a partner to help him/ her perform a task								
	Overarm throw/ serve	Player can serve overhead with an abbreviated serve motion diagonally and in using a continental grip								
	Catch/ Volley	Player uses a continental grip on a forehand and backhand volley								
	One hand strike/ serve	Players' racquet is vertical for a long hitting zone								
	One hand strike/ forehand	Player is developing an understanding of court position and its relationship to tactical decision- making								
	Two hands strike/ backhand	Players' racquet is vertical for a long hitting zone								
	Rally	Player can serve and maintain a 6 balls over the net, crosscourt and in rally, three times, whilst recovering behind the baseline in between shots								
	Physical Development	Able to accelerate from a variety of start positions (i.e. standing still, staggered stance, laying down)								

	Junior Performance State	