

| | 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 | | |

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| | FUNdamentals Preschoolers Tennis 30 | | | | | | | |
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| | 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 | | | | | | |

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| | FUNdamentals Preschoolers Tennis 40 | | | | | | | |
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| | 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 | | | | | | |

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| | FUNdamentals Preschoolers Tennis Advantage | | | | | | | |
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| | 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 | | | | | | |

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| | FUNdamentals Kinder Tennis Game | | | | | | | | |
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| | | 5+ | | | | | | | |
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| | 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 | | | | | | | |

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| | FUNdamentals Kinder Tennis Set | | | | | | | | |
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| | 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 | | | | | | | |

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| | FUNdamentals Kinder Tennis Match | | | | | | | | |
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| | 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. | | | | | | | |

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| | Junior Development Mini Tennis Local | | | | | | | | |
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| | 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 | | | | | | | |

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| | Junior Development Mini Tennis State | | | | | | | | | |
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| | 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) | | | | | | | | |

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| | Junior Development Full Court Local | | | | | | | | | |
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| | 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) | | | | | | | | |

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| | Junior Performance State | |