



White court

Be capable of Acquired / Learned Being learned

Behavior / Umpiring

- Shake hands with opponent and the umpire at the end of the match
- Placement at the beginning of each point
- Put the ball in play alternately

Tactical elements

- Playing where the opponent isn't
- Moving back into position

Technical elements

- Hold the racket at the end of the handle
- Hold the racket with 2 hands at the beginning of the point
- Play on forehand and backhand with different sides (faces) of the racket
- Play one AND two handed backhands
- Footwork : to move (step) away from the path (line) of the ball

Purple Court

- Recognize a ball which is in from one which is out
- Follow and memorize the score

- Manage to do several hits in a row / Keep a rally going

- Service : Take a correct starting position
- Service : Hit the ball above the head
- Return of serve : take up the ready position with the free hand on the heart of the racket
- Hit the ball in front of body on the forehand and on the backhand
- Footwork : stay stable when hitting the ball



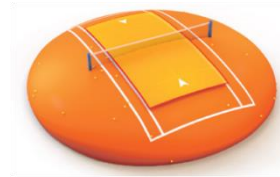
Red court

- Know how to play a tie-break
- Move the opponent around
- Do volleys in the game
- Serve going through the throwing position (trophy position)
- Keep balance when serving
- Hold the racket with the 2 hands after each hit
- Change grips between forehands and backhands
- Net game : Hit the ball out in front
- Footwork : keep moving between hits



Orange Court

- Respect the opponent and keep a correct attitude in all situations
- Know how to keep score and play games
- Attack speeding up the game
- Defend slowing up the game
- Use different spins
- Accelerate the 1st service
- Attack the 2nd service
- Position at the beginning of the point, in singles and doubles
- Serve with slice
- Adopt a dynamic ready position with relaxed shoulders and arms
- Net game : hit in front of body moving forward
- Footwork : accelerate, slow down, get balance, link up, slide (on clay)



Green Court

- Independent with gestion of rules
- Use best shot / stroke
- Intercept at the net in doubles
- Use slice or topspin (kick serve) on 2nd service
- Hit through the ball
- Footwork : accelerate, slow down



