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Welcome to MLC Tennis Hot Shots Deliverers

MLC is proud to continue Aviva’s commitment to the MLC Tennis Hot Shots program, entering our third year of supporting this program that celebrates and promotes a love of tennis - by making it easier to play.

MLC is delighted that, through our involvement, thousands of young people from right around the country will get to experience the joy of playing tennis in an environment designed especially for them. It’s our hope that for many it will be the start of a lifelong passion for the game. Who knows, it might also uncover some of the tennis heroes of tomorrow.

As one of Australia’s leading providers of Advice, Life insurance and Super, MLC also proudly continues Aviva’s commitment to the Australian Open Ballkids - with over 320 MLC Ballkids taking to the court in January.

On behalf of MLC, I would like to thank you for the critical role you play in inspiring a new generation of kids to play the game of tennis, by participating in MLC Tennis Hot Shots.

Best regards,

Steve Tucker
CEO, MLC
The ideal pathway to full court tennis

For a young tennis player, handling the traditional yellow ball is often a difficult experience. The balls can bounce too high, with too much spin and they seldom stay in play consistently. An aspiring player learning to play tennis with a real ball on a real court often misses out on the real fun of the game!

Tennis Australia has found the answer. We are excited to announce that MLC Tennis Hot Shots facilitates a more enjoyable playing experience for children. The modified equipment, including smaller courts, nets and racquets and a variety of coloured, low compression balls, makes the game easier and more enjoyable to play. The modified balls are red, orange and green – each with a different level of compression for suiting a young player’s skill level.

Tennis Australia’s MLC Tennis Hot Shots program provides thousands of children throughout Australia the opportunity to play and enjoy the game of tennis. The decision to introduce this nationwide program in 2008 was the beginning of a revolutionary grassroots participation program, and we expect the MLC Tennis Hot Shots program will result in a greater adherence to tennis.

Happy playing,

Craig Tiley
Director of Tennis & Australian Open Tournament Director
Tennis Australia
Wilson sponsorship

Wilson is a valued sponsor of Tennis Australia and involved with MLC Tennis Hot Shots as:
- The official ball for the program (red, orange and green)
- The official Launch Pad program to MLC Tennis Hot Shots via Wilson peeWee tennis.

Launch Pad – Fundamental and Perceptual Motor Skills (FPMS)
Wilson peeWee tennis is the perfect motor skills program feeding the national learn to play program, MLC Tennis Hot Shots. It develops both fundamental and perceptual motor skills, introduces the basics of the game and grows the holistic personal skills of young children.

Wilson peeWee tennis
Wilson peeWee tennis is a long running modified coaching program that turns 20 years old in 2010. It provides a quality environment for tennis tuition and is a program that is trusted and consistent throughout Australia. It has a strong network of coaches who believe in the program and are devoted to providing Australian kids with the opportunity to experience the ‘game for life’…tennis.

Program overview

Stage one
Stage one of the program focuses on the following themes:
- Familiarisation of the tennis court
- Tracking
- Throwing (overarm & underarm)
- Volley
- Forehand
- Backhand
- Movement to ball
- Bounce (Drop) & Hit
- FUN games for child participation

Stage two
Stage two of the program focuses on the following themes:
- Drop & Hit
- Progression to rally
- Overarm Throw
Leading to:
- Smash
- Serve
- Transition activities which include players moving from baseline to the net

Stage three
Stage three focuses on:
- Rally forming a major component of all lesson themes
- Control and direction of shot
- Singles/doubles activities to be introduced
- Student to commence the point in the modified environment

Stage four
Stage four focuses on:
- Providing the player with the skills to transition into the ‘Game Environment’
- Introduction of players to scoring and basic umpiring
- MLC Tennis Hot Shots is recommended after the completion of stage four as all students will have the skills required to participate successfully.

For all stages of the program the low compression red ball is used.

To find out more about Wilson peeWee tennis visit peeweetennis.com.au
Introduction to the MLC Tennis Hot Shots program

Dear Deliverer,

Welcome and thank you for choosing to be a part of MLC Tennis Hot Shots.

Historically, children find it difficult moving from a fundamental motor skills modified program to a full size tennis court with a yellow ball. The ball is faster, the court is much larger and the strength required to hit the ball over the net is greater. If this gap creates a difficulty in learning the game, imagine how hard it is to play the game in a competitive situation. The MLC Tennis Hot Shots program aims to bridge the gap between fundamental motor skills programs and full court tennis by providing a pathway of developmental stages – red, orange and green.

The MLC Tennis Hot Shots program is based on a ‘learning through play’ philosophy where children develop their technical and tactical skills while learning to serve, rally and score. At each stage children learn through rallying and have the opportunity to play points.

Gone are the days where children attend traditional coaching and wait until they are 12 years old to play competitively. With MLC Tennis Hot Shots children can compete in fun competitions and Challenge events from a young age.

This manual is designed to assist in the delivery of MLC Tennis Hot Shots and serve as a practical resource for your program. You may also consult the official MLC Tennis Hot Shots website for additional information at tennis.com.au/mlctennishotshots and don’t forget to visit the Deliverer downloads section of the website to access exclusive content for Deliverers.

Regards,

Belinda Kleverlaan
National Programs Manager
Tennis Australia
What is MLC Tennis Hot Shots?

The MLC Tennis Hot Shots program is Tennis Australia’s official kids’ starter program for children 5–12 years old and involves three key components:

- **Developmental pathway to full court tennis**
  - Red, orange and green progressive stages
  - Learning objectives at each stage

- **A ‘learning through play’ philosophy**
  - Children serve, rally and score and ‘play the game’ of tennis at each stage

- **Use of modified equipment**
  - Modified courts, smaller racquets and low compression balls

From the first moment children participate in the MLC Tennis Hot Shots program, they will actually play the game of tennis. This means that players learn to serve, rally and score while developing technical and tactical skills.

The use of modified court sizes and low compression balls allows every player to obtain maximum enjoyment.

Historically, tennis coaching programs for 5–12 year old children predominantly focused on skill development and children did not have the opportunity to apply these skills in a game situation on a court size appropriate to their developmental needs.

MLC Tennis Hot Shots does this.
Stages of development

Launch Pad – Fundamental and Perceptual Motor Skills (FPMS)
There are a number of program options at this stage, including the official Launch Pad program Wilson peeWee tennis.

Red stage
Recommended racquet size: 21–23 inches
Court size: 3m by 8m or 6m by 11m
Tennis ball: Red ball (25 per cent compression)
Typical age: 5–8 years

At the end of this stage children will be able to:
- move quickly in different directions and stop on balance
- direct the serve over the net using an underarm or overarm serve
- use a low to high action on both forehand and backhand
- keep the ball in play for 10–15 shots when rallying with a partner
- make a simple approach and volley with a short forward movement
- listen actively to instructions and feedback
- enjoy competition in a variety of formats.

Orange stage
Recommended racquet size: 23–25 inches
Court size: 8m by 18m (3/4 court)
Tennis ball: Orange ball (50 per cent compression)
Typical age: 8–10 years

At the end of this stage children will be able to:
- maintain balance during dynamic movements
- serve with a balanced and rhythmical service action
- keep the ball in play for 10–15 shots when rallying with a partner
- effectively use spin in a groundstroke rally situation
- control the direction of a volley and overhead
- understand the concept of fair play and the main rules of the game
- enjoy competition in a variety of formats.

Green stage
Recommended racquet size: 25–27 inches
Court size: Full court
Tennis ball: Green ball (75 per cent compression)
Typical age: 10–12 years

At the end of this stage children will be able to:
- react quickly and adapt footwork and movement patterns
- keep correct posture and maintain body balance
- differentiate speed and spin on first and second serves
- rally crosscourt for 10–15 shots varying height, depth, speed and spin
- use approach, drive volley, volley and overhead in an offensive way
- identify game style (strengths and weaknesses)
- enjoy competition in a variety of formats.
How you can deliver MLC Tennis Hot Shots

The MLC Tennis Hot Shots program can be delivered using any one or ideally a combination of the following:

a. ‘Learning through play’ coaching program

The MLC Tennis Hot Shots ‘learning through play’ coaching program provides unique stepping stones between fundamental motor skills programs and full court tennis with a yellow ball. Coaches utilise lesson plans and the ‘Learning to Play’ pathway poster which outlines competencies to be achieved at each developmental stage. Graduation certificates can be awarded to children on the achievement of each stage.

b. MLC Tennis Hot Shots weekly competition program

Deliverers can facilitate a range of fun competition formats which provide children the opportunity to serve, rally and score using low compression balls and modified court sizes. There are a variety of competition formats that can be used including Round Robin events and other games from the sample lesson plans e.g. Treasure Island, King/queen of the court, Around the world etc. Also check the Deliverer downloads section on the website for new ideas.

c. MLC Tennis Hot Shots Colour Ball Challenges

MLC Tennis Hot Shots Colour Ball Challenge events are designed to complement the MLC Tennis Hot Shots weekly coaching and/or competition program. Challenge events are 2-3 hour planned round robin events designed to provide a first tournament experience within a positive and friendly environment. Children have the opportunity to play in red, orange or green events and receive a participation prize (limited prizes available from your state/territory tennis association).
Formats and scoring

Deliverers are able to use varied rules and scoring methods to tailor competitions to the standards and lifestyles of the players and/or time constraints.

Examples of how play can be modified include:

• the serve is delivered from behind the baseline with only one serve per point. The ball must be bounced, and then hit from a contact point around the waist. If the ball touches the net on a serve, then goes in, the serve is replayed (a let).

• each player serves two points at a time with the score continuing at normal arithmetic count. (1, 2, 3 etc.)

• volleys and overheads are not allowed as the ball must bounce before being hit.

• children play a one match tiebreaker (first to 7 with a two point advantage).

• children should attempt an overhead serve but their second serve can be underarm.

• option is to have no Ad scoring method at deuce. i.e. one deciding point is played to determine the winner of the game.

• short sets: the first player/team who wins four games wins that set.

• deciding tiebreak game (seven points): when the score in a match is one set all, or two sets all in a best of five sets matches, one tiebreak game shall be played to decide the match. This tiebreak game replaces the final deciding set. The player who wins seven points shall win this tiebreak and the match provided that there is a margin of two points over the opponent(s).

Safety Guidelines

During each session the Deliverer should be aware of safety aspects in order to prevent accidents. Suggestions include:

• children should have sufficient space to move so they do not get hit by a ball or another racquet

• explaining activities clearly including safety considerations

• ensuring that children hold racquet under folded arms when listening to instruction.
How will an MLC Tennis Hot Shots Deliverer benefit?

An annual deliverer fee will provide you the following benefits:
• approved deliverer status and use of official logo
• promotion of your coaching venues on the tennis.com.au website
• personalised fence banner
• delivery manual outlining core principles of the program
• access to Deliverer downloads section of the website with lesson plans, posters, graduation certificates and report cards
• deliverer polo and cap
• posters and registration brochures
• national marketing campaign
• discount on equipment i.e. nets, balls, racquets
• free T-shirt for every child who registers in your MLC Tennis Hot Shots coaching program
• option to run Colour Ball Challenge events where all participants receive a free gift e.g. cap, sweat band or drink bottle (limited availability)
• Member Association endorsement to run MLC Tennis Hot Shots in schools.

What is the Deliverer’s responsibility?

It is the responsibility of the MLC Tennis Hot Shots Deliverer to:
• renew registration annually
• ensure the program includes the three key components:
  a) Developmental pathway to full court tennis
  b) A ‘learning through play’ philosophy
  c) Use of modified equipment
• provide specific details of each child participating in the weekly MLC Tennis Hot Shots coaching and/or competition program to state/territory Tennis Association (on receipt of this information each child in the program will receive an MLC Tennis Hot Shots T-shirt)
• provide specific details of upcoming Challenge events to state/territory Tennis Association (on receipt of this information the Deliverer will be provided with a participation gift for each child subject to availability).

What can players and their parents expect?

• Organised weekly coaching and/or competition sessions which are appropriate to the child’s developmental needs.
• Progression into full court tennis through a ‘Learning to Play’ pathway which recognises specific achievements at each stage.
• Play points and/or compete on a weekly basis against players of a similar standard in an environment that will develop their game technically, tactically, mentally and physically.
• The opportunity to compete in Challenge events.
• Play with modified equipment that is appropriate to the child’s age, size and ability.
• Meet new friends, have fun and stay healthy.
• Receive an MLC Tennis Hot Shots T-shirt once they have completed their details on the registration brochure and committed to taking part in the program for a minimum of one term.
What’s happening globally in modified ball and court programs?

The International Tennis Federation (ITF) ‘Tennis … Play and Stay’ campaign was officially launched at the ITF Annual General Meeting in Tunis, Tunisia in June 2007. The campaign, which is aimed at increasing tennis participation worldwide, centres on the ‘Serve, Rally and Score’ slogan and promotes tennis as easy, fun and healthy. Improving the first experience of starter players by getting them to serve, rally and score from the first session is fundamental to the campaign. Furthermore, through the campaign, the ITF ensures that all children under 10 years of age start tennis on a smaller court using slower balls. Similar systems, based on the ITF ‘Tennis … Play and Stay’ concept, operate in a number of major tennis playing nations. For instance, France, the UK and Belgium have been conducting structured competitions for 10/u players for a number of years with great success. It is widely recognised that players who are competing at the right age with the right ball and on the right court size, are benefiting on the technical, tactical, mental and physical development of their game. Also of importance, all tennis playing nations that have introduced modified ball programs have experienced significant growth in participation rates.

More recently, the ITF has advised Tennis Australia that it is seeking the support of nations at the ITF Annual General Meeting in Washington this year to vote on a rule that will mean from 2012 no 10 & under age group competitions can be played using a regular yellow tennis ball on a full court. Instead, from 2012, a slower red, orange or green ball must be used. The reasons for introducing this rule is that the ITF believes that by scaling down the court and ball to the size and strength of the player, children can have both early success in playing the game and can implement more tactical situations and develop better technique.

Visit the following websites to access further information on modified tennis around the world.

- International Tennis Federation: [tennisplayandstay.com](http://tennisplayandstay.com)
- United States Tennis Association: [consumers.quickstarttennis.com](http://consumers.quickstarttennis.com)
- UK Lawn Tennis Association: [lta.org.uk/players/juniors](http://lta.org.uk/players/juniors)
Progressing on from the MLC Tennis Hot Shots program

Full court tennis
From the green stage children will move on to a full court with a yellow ball. Children can play in weekly school and club/association competitions and be able to enter ‘Junior Development Series’ tournaments. Eventually children may move on to play in the Optus Junior Tour.

The MLC Ballkid Program
The iconic MLC Ballkid program provides children with the unique opportunity to service the world’s best tennis players as they compete at the Australian Open. Children between 12 and 15 years of age at the time of the Australian Open are encouraged to apply to join the squad. Victorian MLC Tennis Hot Shots Deliverers* can apply to host an MLC Ballkid selection event offering an exciting opportunity to profile their business and become involved in the Australian Open. For further information regarding the MLC Ballkid program please visit tennis.com.au

*Conditions apply
Talent Search and Development

Tennis Australia’s Talent Search and Development program forms the base of the athlete development pathway, with a focus on identifying and developing talented under 12 year-olds. The key objectives for 2009/2010 are:

- To further engage and embrace the private coach in the Athlete Development pathway
- To accelerate talent development through a network of Talent Development Coaches, private coaches and programs
- To educate key stakeholders (coaches, athletes, parents) about talent development
- To track the development of our most promising under 12 year-olds

Each state and territory has a unique set of programs in place to achieve these objectives. Training and competition are critical components and all programs fall under one of these. To find out more about what is happening in your environment please the website.

As part of the Talent Search and Development program, Tennis Australia will recognise excellent, passionate coaches who specialise in the development of under 12 year-olds.

The private coaches are a vital element in the athlete development pathway and will now have an opportunity to be recognised as a Talent Development Coach through this exciting new program.

Visit tennis.com.au/talentsearch to find out more information about this exciting new program.
Athlete Development Matrix and the MLC Tennis Hot Shots program

The different stages of the MLC Tennis Hot Shots program complement the Tennis Australia Athlete Development Matrix by children developing holistically through:

**Physical development**
- Develop fundamental motor skills, balance, footwork, locomotion and coordination.

**Technical development**
- Children learn skills through ‘facilitated play.’
- Deliverers explain/demonstrate the skill and children practice it.

**Tactical development**
- In each session children apply their skills and knowledge in a game situation.
- Questioning children at the end of sessions develops their tactical awareness.

**Mental development**
- Children are intrinsically motivated through making friends, the opportunity to play, competition, enjoyment and aiming for the next progressive stage.
- Children are extrinsically motivated through receiving a certificate of achievement when they progress to the next stage.

**Social development**
- It allows children to develop skills in a fun and social environment.
- Creates all the fun of a team sport.

**Parental role and support**
- The relaxed and supportive environment promotes parental involvement. Parents can lead the sessions, score, umpire, and work with children including those requiring extra encouragement.

**Education**
- A tennis revolution that offers a traditionally individual sport in a team atmosphere
- MLC Tennis Hot Shots content can be delivered by any teacher in any school.

**Competitions and tournaments**
- Offers children the opportunity to play the game of tennis from the start. Children can serve, rally and score in every session.
- A great lead in to end of term Challenges and weekly MLC Tennis Hot Shots competitions.
Equipment and merchandise

MLC Tennis Hot Shots equipment and merchandise can be purchased via the Australian Open online shop. All registered Deliverers will receive a password via email that will entitle them to significant merchandise discounts during the period of registration.

The website address is [australianopenshop.com/mlctennishotshots](http://australianopenshop.com/mlctennishotshots)

Visit this site to purchase:

- 3 metre mini nets
- Wilson red balls
- Wilson orange balls
- Wilson green balls
- Wilson 23 inch junior tennis racquets
- MLC Tennis Hot Shots Deliverer polo shirts
- MLC Tennis Hot Shots caps
- MLC Tennis Hot Shots T-shirts
- A variety of accessories and promotional items e.g. sweat bands, drink bottles, vibration dampeners.
Promotion of your MLC Tennis Hot Shots program

**TV commercial**
The television commercial offers brand awareness throughout Australia. The commercial will be aired on Channel 7 and direct viewers to the tennis website where they will find local Deliverers.

**Find a Deliverer section on the website**
Please ensure your venue details are updated with Tennis Australia all times so we can promote your program.

**Posters**
Display your A3 promotional and Learning to Play colour posters in highly visible areas at your MLC Tennis Hot Shots venue/s. You can also customise your venue details onto a poster template available at the Deliverer downloads section. Use this A4 poster to promote your program in your local community e.g. libraries, schools, shops, health and leisure centres.

**Media release**
To ensure maximum exposure, incorporate the use of the media release and contact your local newspaper and arrange a photo opportunity with MLC Tennis Hot Shots players at your venue. Seek to find a good-news story linked to your venue that may further encourage the paper to run your editorial.

**Personalised fence banner**
The banner is a great promotional tool to be used by Deliverers to display from the courtside fence. Place the banner where the public visibility would be at its highest; for example, facing the roadside or the nearest entry point of the tennis club. Additional banners are able to be purchased if required by contacting Tennis Australia.

**Registration brochure**
The Registration brochure offers program engagement information specifically targeting parents of players. It includes the registration form, which must be completed by the player and given to the MLC Tennis Hot Shots Deliverer.

**Press advertising**
Tennis Australia aims to place dedicated MLC Tennis Hot Shots advertising in state/territory newspaper twice a year in addition to advertising in the Australian Tennis Magazine, Australian Open and Australian Open series event programs.

**MLC Tennis Hot Shots Approved Deliverer logo**
Tennis Australia provides a range of marketing collateral and merchandise for you to use for the promotion of your program. If you require the MLC Tennis Hot Shots logo for use on any additional collateral this will be available upon request. Please note: you will be required to sign the licence agreement prior to being issued with the ‘approved deliverer’ logo.

**Report cards, participation and graduate certificates**
These provide great motivation for children. You can download a great range of resources via the Deliverer downloads section.

**Other**
Consider other ways to promote MLC Tennis Hot Shots e.g. Utilise existing communication channels between parents and clubs. Insert advertisements in local papers, club newsletters and school newsletters. Cross market within your business i.e. at the end of a holiday clinic or fun day give each child an advert offering a free MLC Tennis Hot Shots trial!
Deliverer downloads section

The Deliverer downloads section on the website provides a range of handy resources to assist you in delivering your MLC Tennis Hot Shots program, including:

- Promotional poster
- ‘Learning to Play’ poster
- Program flyer
- Media release template
- Graduation certificates
- Participation certificates
- Award certificates
- Report cards
- Program lesson plans
- Competition formats
  ...and much more!

Keep checking this section for updates throughout the year

*If you have forgotten your username and password please email us at mlctennishotshots@tennis.com.au*
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MLC Tennis Hot Shots lessons

Tennis Australia has produced red and orange lesson plans which are designed to support the delivery of the program. In each lesson children develop technical and tactical skills through rallying with a range of partners.

Each lesson also allows children the opportunity to apply their skills focus in a competitive game situation. Children learn to serve, rally and score which allows for an easy transition into weekly MLC Tennis Hot Shots competition sessions and/or Challenge events held at the end of each term.

**A Deliverer can use the lessons as:**
- the first lessons delivered in the ‘learning through play’ coaching program
- an introduction into MLC Tennis Hot Shots weekly competition
- a lead up to an MLC Tennis Hot Shots Challenge event.

**Children will:**
- remain engaged through structured lessons
- enjoy rallying and have the confidence to enter MLC Tennis Hot Shots Challenge events
- understand what is required to progress to the next stage.

**Head coaches will:**
- be able to provide volunteers or assistant coaches with structured lesson plans.

**New deliverers will:**
- have a clear vision of developmental levels and assessments
- benefit by delivering the red lessons even if they are not a tennis coach.

**Parents will:**
- gain an understanding of the progression through the ‘Learning to Play’ poster.

**Schools will:**
- be able to provide lesson plans to a teacher to deliver red lessons in a varied environment.

**State/territory Tennis Associations will:**
- be able to coordinate MLC Tennis Hot Shots Challenge events with neighbouring venues.

**What the content includes?**
- athlete development objectives which relate to the matrix
- recommended order of lesson delivery
- information key explaining pictures
- activities that can be altered depending on age and skill.

*Deliverers can download lessons from the Deliverer downloads section at tennis.com.au/mlctennishotshots (lessons are also included at the back of the manual).*
MLC Tennis Hot Shots recommended lesson delivery

The lessons are presented in a recommended order; however, this order is not essential. It is also beneficial to run a Colour Ball Challenge event or alternative competition format at least once a term to celebrate improvement. You may wish to repeat the lessons each term, to modify the lessons or to design your own lessons.

MLC Tennis Hot Shots Red lessons
Lesson 1 – Introduction to rallying I
Lesson 2 – Introduction to rallying II
Lesson 3 – Forehands and backhands
Lesson 4 – Rallying from the baseline
Lesson 5 – Moving your opponent
Lesson 6 – Exploring the serve and serve return
Lesson 7 – Exploring volleying
Lesson 8 – Red Colour Ball Challenge

MLC Tennis Hot Shots Orange lessons
Lesson 1 – Developing forehands and backhands
Lesson 2 – Developing depth on forehands and backhands
Lesson 3 – Developing the serve and serve return
Lesson 4 – Orange Colour Ball Challenge
Lesson 5 – Developing winning plays
Lesson 6 – Developing the volley
Lesson 7 – Developing the serve and serve return
Lesson 8 – Orange Colour Ball Challenge II