

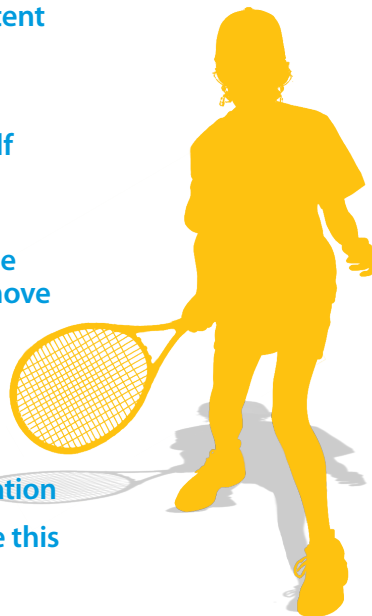


Congratulations on achieving MLC Tennis Hot Shots Orange!

.....
has now graduated to Green.

I am able to:

- perform a circular swing and a consistent contact point on groundstrokes
- perform a rhythmic service motion
- rally with a partner for 20 shots on half a doubles court using forehands and backhands
- hit the ball with purpose, changing the speed, height, spin and direction to move an opponent in a rally situation
- identify strengths and weaknesses in my own and opponents game
- perform a volley and overhead with control and consistency in a rally situation
- understand fair play and demonstrate this when playing.



Club / Venue:

Coach:

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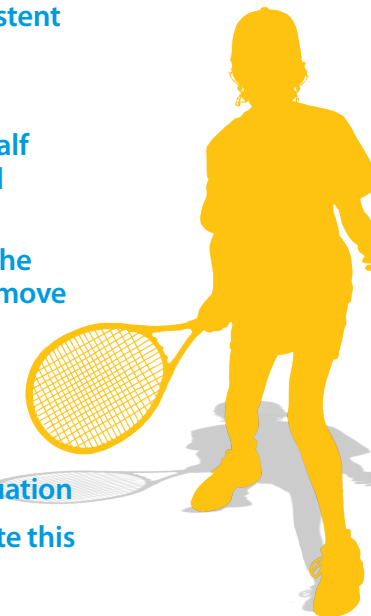


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