

# LTA MINI TENNIS RALLY AWARDS

## EARN YOUR STRIPES



### RED 5 Rally Awards

**Rally:** players have 3 attempts to hit 5 shots (including forehands and backhands) over and in from mid court with the coach/leader

**Serve:** players must hit 5/10 serves (with simplified action) over the net from mid court

**Come to the net:** players must hit 5/10 volleys over the net after running to the mid court (forehands and backhands)

**Score and Compete:** players and coach serve alternately for 5 points. Player bumps serve in to court. At the end of the point the player has to explain who won the point and why

### RED 10 Rally Awards

**Rally:** players have 3 attempts to have a rally of 10 (including forehands and backhands) over and in from just behind the service line with a partner

**Serve:** players have 3 attempts to hit 7/10 serves cross court in to the service box from their service line. The player alternates the side they serve from

**Come to the net:** players must hit 7/10 sets of 1 approach shot and 1 volley in the court starting from just behind the service line (forehands and backhands)

**Score and Compete:** players have alternate serves in to any part of the court from the service line, and play out the points. First to 10, or 10 minute timed tennis. The players must have a BTM (British Tennis Membership)

### RED 15 Rally Awards

**Rally:** players have 3 attempts to have a rally of 15 (including forehands and backhands) from the baseline with a partner

**Serve:** players must hit 7/10 serves cross court in to the service box from behind their baseline. The player alternates the side they serve from and plays a 3 shot rally with their partner (serve - return- 1st groundstroke)

**Come to the net:** players have 3 attempts to successfully complete 7/10 approach shot and 2 volleys starting from just inside the baseline (forehands and backhands)

**Score and Compete:** players spin for serve and play a 10 point tie break, or 10 minute timed match, calling the score and their own lines. The players must have a BTM and give the score to the coach/leader

### RED 20 Rally Awards

**Rally:** players have 3 attempts to have 2 cross court baseline rallies of 20 (forehands and backhands) in 90 seconds with a partner. The outside shot must only be used, and the majority of balls should be over the service line

**Serve:** players must hit 7/10 serves accurately to the returners forehand or backhand. The server nominates where they will serve before each serve

**Come to the net:** players have 3 attempts to get 20 out of 25 shots in. The player plays 5 sets of; an approach shot, 2 volleys, a smash and another volley

**Score and Compete:** players play a 10 point tie break, or 10 minute timed match. The players are given information about their opponent's strengths and weaknesses and must implement an effective strategy in their match. N.B. The player must also play matches outside the programme and submit a match review detailing their opponents strengths and weaknesses

All Rally Awards have 4 consistent skill areas:

- **Rally:** Learning and developing rallying skills
- **Serve:** Learning and developing serving skills
- **Come to the net:** Learning and developing movement forwards and volleying
- **Score and Compete:** Learning the rules, how to score, how to compete and fair play

For more information visit our interactive website [www.LTAminitennis.co.uk](http://www.LTAminitennis.co.uk)

### ORANGE 10 Rally Awards

**Rally:** players have 3 attempts to have a rally of 10 (including forehands and backhands) over and in from just behind the service line

**Serve:** players must hit 7/10 serves cross court in to the service box from their service line. The player alternates the side they serve from

**Come to the net:** players must hit 7/10 sets of 1 approach shot and 1 volley in the court starting from just behind the service line (forehands and backhands)

**Score and Compete:** players have alternate serves in to any part of the court from the service line, and play out the points. First to 10 or 10 minute timed tennis. The players must have a BTM (British Tennis Membership)

### ORANGE 15 Rally Awards

**Rally:** players have 3 attempts to have a rally of 15 (including forehands and backhands) from the baseline with a partner

**Serve:** players must hit 7/10 serves cross court in to the service box from behind their baseline. The player alternates the side they serve from and plays a 3 shot rally with their partner (serve - return- 1st groundstroke)

**Come to the net:** players have 3 attempts to successfully complete 7/10 approach shot and 2 volleys starting from just inside the baseline (forehands and backhands)

**Score and Compete:** players spin for serve and play best of 3 tiebreaks or a 15 minute timed tennis match calling the score and their own lines. The players must have a BTM and give the score to the coach/leader

### ORANGE 20 Rally Awards

**Rally:** players have 3 attempts to have 2 cross court baseline rallies of 20 (forehands and backhands) in 90 seconds with a partner. The outside shot must only be used, and the majority of balls should be over the service line

**Serve:** players must hit 7/10 serves accurately from the baseline to the returners forehand or backhand. The server nominates where they will serve before each serve

**Come to the net:** players have 3 attempts to get 20 out of 25 shots in. The player plays 5 sets of; an approach shot, 2 volleys, a smash and a finishing volley

**Score and Compete:** players play best of 3 tiebreaks or a 15 minute timed tennis match. The players are given information about their opponent's strengths and weaknesses and must implement an effective strategy in their match. N.B. The player must also play matches outside the programme and submit a match review detailing their opponents strengths and weaknesses

### GREEN 10 Rally Awards

**Rally:** players have 3 attempts to have a rally of 10 (including forehands and backhands) over and in from the baseline

**Serve:** players have 3 attempts to hit 7/10 serves cross court from each side of the court (total 20 serves)

**Come to the net:** players must hit 7/10 sets of 1 approach shot and 2 volleys in the court starting from just behind the service line (forehands and backhands)

**Score and Compete:** players use full tennis scoring and play out the points until they have finished 2 games. Players must call their own lines and keep the score. The players must have a BTM (British Tennis Membership)

### GREEN 20 Rally Awards

**Rally:** players have 3 attempts to have 2 cross court baseline rallies of 20 (forehands and backhands) in 90 seconds with a partner. The outside shot must only be used, and the majority of balls should be over the service line

**Serve:** players must hit 7/10 serves accurately from the baseline to the returners forehand or backhand. The server nominates where they will serve before each serve

**Come to the net:** players have 3 attempts to get 20 out of 25 shots in. The player plays 5 sets of; a deep approach shot, 2 deep volleys, a smash and a finishing volley

**Score and Compete:** players play best of 3 tiebreaks or a 20 minute timed tennis match. The players try to win the points using different tactics. At the end of the match the player must describe 6 different ways they have won the point. N.B. The player must also play matches outside the programme and submit a match review detailing their opponents strengths and weaknesses

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