

### Skills required NOW (this age group) and NEXT

18U/16U Captain →	← 14U Captain →	← 12U Captain →	← 11U Captain →	← 10U Captain →	← 9U Captain →	← 8U Captain
<b>BOYS</b>	<b>BOYS</b>	<b>BOYS</b>	<b>BOYS</b>	<b>BOYS</b>	<b>BOYS</b>	<b>BOYS &amp; GIRLS</b>
1. Serve & volley - first volley control direction cross & line	1. Direct 1st & 2nd serve T,B,W. SP positioning as a result	1. Execute net position in neutral, defence & attack	1. Improve serve % and accuracy of T and Body serves	1. Decision making of cross court and when to go line	1. 'wall' position moving forward and back in rally	1 Understand where to stand for each position
2. Server and partner pre-determined plan, poach, switch	2. Return & rally consistently cross court away from SP territory	2. Importance of winning the tramline battle	2. Ability to be affective at the net as SP, as a wall & in attack	2. Court positioning to use fh when both back	2. RP 'hot seat' defence/attack/neutral	2 Understand the rules for choosing returning side
3. Communication, verbal or hand signals	3. Know all pos as RP- hotseat, neutral, wall, defence, attack	3. Understand when to intercept, anticipation	3. Breaking the tramlines when returning and trading	3. Serve direction and SP movement after serve	3. Winning cross court battle & recovery	3 Return and rally away from the net player
4. Hitting the return early, moving forwards	4. Team atmosphere/3sec rule & energy between points	4. Develop reliable and well-directed 2nd serves	4. Develop lob/smash and communication with partner	4. Anticipate and read interception opportunity	4. Winning the energy battle, 3sec rule, teamwork	4 Simple racket work on volley
<b>Areas to expose the players to as agreed by the next age group captain in preparation for 2022-2023 programme</b>						
	1. Can S&V standard/switch & poach on command	1. Understand SP territory and able to hit outside this area	1. Develop confidence to intercept at the net	1. Clear understanding of SP and forward movement	1. Approaching the net off a short ball	1. Understand the term 'wall' position
	2. Understands 'I' formation and can execute	2. RP understands pos for neutral/attack/defence	2. Understand net positioning for neutral, defence and attack	2. Being able to direct serve and at least be neutral	2. Knowing where to place the volley	2. Playing as a team with good energy
<b>GIRLS</b>	<b>GIRLS</b>	<b>GIRLS</b>	<b>GIRLS</b>	<b>GIRLS</b>	<b>GIRLS</b>	
1. Teamwork-roles, team result outweighs individual performance	1. Can serve T & B, & fully understands the role of the SP	1. Direct serves T, B and W, SP move accordingly	1. SP movement as a result of the serve direction (communicated)	1. Developing volley skills and feels	1. Simple racket work on volley and confidence at net	
2. Strong communication between doubles pairings	2. Can return both back & know when & how to get to the net	2. Active movement at the net, following the ball	2. Return down the line and target SP	2. Understanding all doubles positions and roles	2. 'wall' position moving forward and back in rally	
3. Consistent work ethic and commitment to tournaments	3. Can lob and attack down the line on return & rally	4. Both back on return & use of the lob	3. Simple racket work on defensive volley & direction	3. Communication - working as a team	3. Winning cross court battle & recovery	
4. Understand all doubles formats	4	4. Communicate - volleyer 3s to get back to partner	4. Both back on return & use of the lob	4. Can serve and return under pressure	4. Winning the energy battle, 3sec rule, teamwork	
<b>Areas to expose the players to as agreed by the next age group captain</b>						
	1. Is confident in executing agreed poach	1. SP knows where to position for all serves	1. Develop serving accuracy T, B, W	1. Serving direction T & B on 1st & 2nd serve	1. Have awareness of the 4 positions and roles	
	2. Knows the correct pos when defending at the net	2. Can lob either in a rally or off a serve	2. Net player to track the ball in a rally situation	2. Both back using lob to get one player to net	2. Put pressure on serve, by giving them only 1	

S-server SP-server's partner R-returner RP-returner's partner