

★ Three Levels of Performance

Accuracy - Skills are learned and can be performed accurately.

Speed - Skills can be performed accurately at speed.

Pressure - Skills can be performed accurately at speed under pressure.

★ **Quality + Quantity = Genius** "The legends of each sport can perform all the skills of the game accurately with speed and under pressure and have practiced more quality repetitions than their competition."

DATE:

STAR NAME:

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	GROUND STROKES	NETPLAY & STRATEGY	OVERHEAD/SERVING	FOOTWORK	GAMEPLAY + STRATEGY
	Grip <input type="checkbox"/> Proper Stance - Follow-through <input type="checkbox"/>	Volley Grip <input type="checkbox"/> Standard Volley <input type="checkbox"/>	Serving Intro <input type="checkbox"/> Throw Serve <input type="checkbox"/>	Shuffle Step <input type="checkbox"/> Sideways Stance <input type="checkbox"/>	Sportsmanship <input type="checkbox"/> Tennis Court Lines <input type="checkbox"/>
	Forehand <input type="checkbox"/> Backhand <input type="checkbox"/>	Volley Position <input type="checkbox"/> Step-in <input type="checkbox"/>	Toss <input type="checkbox"/> Overhead Smash <input type="checkbox"/>	Ready Position <input type="checkbox"/> Foot Speed <input type="checkbox"/>	Basics of Tennis Match <input type="checkbox"/> Singles & Doubles <input type="checkbox"/>
	Cross Court <input type="checkbox"/> Drop <input type="checkbox"/>	Volley-Drop <input type="checkbox"/> Forehand Volley <input type="checkbox"/>	Underhand Serve <input type="checkbox"/> Overhead Serve <input type="checkbox"/>	Return to "T" <input type="checkbox"/> Court Coverage <input type="checkbox"/>	Rally <input type="checkbox"/> Court Sense <input type="checkbox"/>
	Topspin <input type="checkbox"/> Baseline Drives <input type="checkbox"/>	Backhand Volley <input type="checkbox"/> Net Play and Strategy <input type="checkbox"/>	Return a Serve <input type="checkbox"/> 2nd Serve <input type="checkbox"/>	Approach <input type="checkbox"/> Open Stance/ Close Stance <input type="checkbox"/>	Offensive Play <input type="checkbox"/> Defensive Play <input type="checkbox"/>
	Backspin <input type="checkbox"/> Lob <input type="checkbox"/>	Singles Net Play <input type="checkbox"/> Doubles Net Play <input type="checkbox"/>	Deep-court Overhead Smash <input type="checkbox"/> Serving Strategy <input type="checkbox"/>	Split Step <input type="checkbox"/> Anticipation Coverage <input type="checkbox"/>	Advanced Strategy <input type="checkbox"/> Coaching <input type="checkbox"/>

All Skills are Now on



TAC Sports Coaches take you step-by-step through each of the 50 skills listed on the progress report. Students can use the videos as reference guides to continue to increase their skills! Simply go to Youtube.com and search for TAC Sports channel! All videos are sorted under Playlists.

AWARDS
OF THE
WEEK



MVP



MOST IMPROVED PLAYER



MOST COACHABLE PLAYER



BEST TEAM PLAYER



MOST PASSIONATE PLAYER