

	Progressive Tennis	General	Making Ethical Decisions	Organizing Practice and Play	Technical Development
\$100	19", 21", 23", 25" What are the lengths of junior racquets?	Creating a desire to learn What is the importance of selling the topic?	A situation with two potentially right solutions that involves sacrificing one value for another What is an ethical or moral dilemma?	Word and image together, correctly and concisely What is – how to demonstrate or emphasize the skill or teaching point?	The ability to perform a task with conformity and effectiveness What is technique?
\$200	Andre Labelle Who is the Tennis Canada U12 National Coach?	A learner-centred and global approach to teaching What is the Actions Method?	A set of deeply held beliefs upon which our thoughts and actions are based What are values?	People, Movement, Feeding, Projection, Goal and Rotation What are the 6 Organizational Elements?	The horizontal angle of the racquet at impact What is the primary factor that determines direction?
\$300	18 m (59 feet) x 6.5 m (21.3 feet) What are the dimensions of $\frac{3}{4}$ court?	A positive/motivating instructor; playing successfully; maximum activity; being challenged; building relationships What is – how to create enjoyment and improvement?	What is considered good and right behaviour for a group What is a code of ethics?	Maximum activity and optimal challenge What is how you determine if the drill is fun?	Starting position, movement to the ball, set-up for the shot, recovery after hitting What are the elements of the footwork cycle?
\$400	Make every ball mentality and love to play What are the psychological goals of $\frac{1}{2}$ court tennis?	130-180 What is the quantity of repetitions required for developing a skill?	Implement the decision and manage the consequences What is the final step of the MED process?	The instructor is less able to observe the entire drill What is a disadvantage of "playing in"?	Split step, head front and centre, impact point, follow-through feeling or breathing What are examples of process goals?
\$500	Playing successfully sooner, improved biomechanics with modified equipment, increased shot selection and phases of play development What are the advantages of Progressive Tennis?	Defending, rallying, countering and attacking What are the phases of play?	Actions that constitute harassment and negligence What are examples of situations that have legal implications?	Changing the movement, feeding, projection and goal What is – how to adjust the challenge of a drill?	Grip, wrist position, arm action, shoulders and feet (stance) What are the factors that influence the length of the hitting zone?