Progressive Tennis	General	Making Ethical Decisions	Organizing Practice and Play	Technical Development
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>

Progressive Tennis \$100

19", 21", 23", 25"

What are the lengths of junior racquets?

19", 21", 23", 25"



Progressive Tennis \$200

Andre Labelle

Who is the Tennis Canada U12 National Coach?

Andre Labelle



Progressive Tennis \$300

18 m (59 feet) x 6.5 m (21.3 feet)

What are the dimensions of 3/4 court?

18 m (59 feet) x 6.5 m (21.3 feet)



Progressive Tennis \$400

Make every ball mentality and love to play

What are the psychological goals of ½ court tennis?

Make every ball mentality and love to play

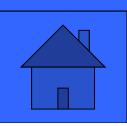


Progressive Tennis \$500

Playing successfully sooner, improved biomechanics with modified equipment, increased shot selection and phases of play development

What are the advantages of Progressive Tennis?

Playing successfully sooner, improved biomechanics with modified equipment, increased shot selection and phases of play development



General \$100

Creating a desire to learn

What is the importance of selling the topic?

Creating a desire to learn



General \$200

A learner-centred and global approach to teaching

What is the Actions Method?

A learner-centred and global approach to teaching



General \$300

A positive/motivating instructor; playing successfully; maximum activity; being challenged; building relationships

What is – how to create enjoyment and improvement?

A positive/motivating instructor; playing successfully; maximum activity; being challenged; building relationships



General \$400

130-180

What is the quantity of repetitions required for developing a skill?

130-180



General \$500

Defending, rallying, countering and attacking

What are the phases of play?

Defending, rallying, countering and attacking

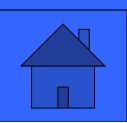


Making Ethical Decisions \$100

A situation with two potentially right solutions that involves sacrificing one value for another

What is an ethical or moral dilemma?

A situation with two potentially right solutions that involves sacrificing one value for another



Making Ethical Decisions \$200

A set of deeply held beliefs upon which our thoughts and actions are based

What are values?

A set of deeply held beliefs upon which our thoughts and actions are based



Making Ethical Decisions \$300

What is considered good and right behaviour for a group

What is a code of ethics?

What is considered good and right behaviour for a group



Making Ethical Decisions \$400

Implement the decision and manage the consequences

What is the final step of the MED process?

Implement the decision and manage the consequences



Making Ethical Decisions \$500

Actions that constitute harassment and negligence

What are examples of situations that have legal implications?

Actions that constitute harassment and negligence



Organizing Practice and Play \$100

Word and image together, correctly and concisely

What is – how to demonstrate or emphasize the skill or teaching point?

Word and image together, correctly and concisely



Organizing Practice and Play \$200

People, Movement, Feeding, Projection, Goal and Rotation

What are the 6 Organizational Elements?

People, Movement, Feeding, Projection, Goal and Rotation



Organizing Practice and Play \$300

Maximum activity and optimal challenge

What is how you determine if the drill is fun?

Maximum activity and optimal challenge



Organizing Practice and Play \$400

The instructor is less able to observe the entire drill

What is a disadvantage of "playing in"?

The instructor is less able to observe the entire drill



Organizing Practice and Play \$500

Changing the movement, feeding, projection and goal

What is – how to adjust the challenge of a drill?

Changing the movement, feeding, projection and goal



Technical Development \$100

The ability to perform a task with conformity and effectiveness

What is technique?

The ability to perform a task with conformity and effectiveness



Technical Development \$200

The horizontal angle of the racquet at impact

What is the primary factor that determines direction?

The horizontal angle of the racquet at impact



Technical Development \$300

Starting position, movement to the ball, set-up for the shot, recovery after hitting

What are the elements of the footwork cycle?

Starting position, movement to the ball, set-up for the shot, recovery after hitting



Technical Development \$400

Split step, head front and centre, impact point, follow-through feeling or breathing

What are examples of process goals?

Split step, head front and centre, impact point, follow-through feeling or breathing



Technical Development \$500

Grip, wrist position, arm action, shoulders and feet (stance)

What are the factors that influence the length of the hitting zone?

Grip, wrist position, arm action, shoulders and feet (stance)

