TENNIS RECIPROCAL TASK SHEET #5: THE SERVE
TENNIS RECIPROCAL TASK SHEET #4: FOREHAND AND BACKHAND STROKE

Doer: _____

Directions: Work in groups of 3. Each person places their name on their task sheet. One person is the "doer" while a second person drop hits or tosses the ball to the doer. The third person is the observer reads information/instructions to the doer, offers verbal feedback, and places a check in the "yes" or "no" column based on the performance of the doer. Complete the task sheet until you are directed to "change roles". All players help retrieve balls for the next round. Every person in the threesome should perform all three roles.

	Forehand		**Backhand**		**Forehand**		**Backhand**	
I. SET POSITION	**Yes**	**No**	**Yes**	**No**	**Yes**	**No**	**Yes**	**No**
A. Grip 1. Shaking hands (forehand); Palm on top (backhand) 2. Fingers spread								
B. Stance 1. Feet spread; knees bent 2. Weight on balls of feet								
C. Racquet 1. Parallel to ground 2. Standing on edge 3. Left hand, cradling racquet								
II. BACKSWING								
A. Pivot 1. Step promptly toward ball with nearest foot 2. Side turned completely								
B. Racquet 1. Backswing; begun early 2. Racquet head back first, with firm writs (left hand helps backhand)								
C. Run to Ball 1. Move quickly to ball 2. Sets on rear foot								
III. FORWARD SWING								
A. Ready position 1. Racquet head drops below point of contact 2. Racquet nearly parallel to ground, extends toward back fence								
B. Weight Transfer 1. Front foot steps into line of shot 2. All weight on ball of front foot 3. Knees bent; good balance								
C. Point of Contact 1. Ball contacted well in front of body 2. Wrist firm; racquet parallel								
D. Follow-Through 1. Racquet head continues out through line of shot 2. Racquet standing on edge 3. Forehand: wrist eye level; looking over elbow 4. Backhand: wrist above head; racquet nearly vertical to ground 5. Pose								

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	Yes	No	Yes	No	Yes	No	Yes	No
I. SET POSITION								
A. Grip 1. Continental grip 2. Fingers spread								
B. Stance 1. Side toward net 2. Weight on rear feet; feet spread								
C. Racquet 1. Pointing to serve area 2. Standing on edge 3. Left hand cradling								
II. BACKSWING (Ball Toss)								
A. Ball Toss 1. Ball thrown to correct height 2. Ball thrown above left foot								
B. Racquet Arm 1. Both arms work smoothly together 2. Racquet raises almost to shoulder level 3. Racquet head drops well behind back (wrist touches shoulder)								
C. Weight Transfer 1. Weight shifts to front foot 2. Balance maintained by front knee bend								
III. FORWARD SWING								
A. Throwing Motion 1. Smooth, continuous motion 2. Elbow leads wrist and racquet forward and up								
B. Contact 1. Highest point above left foot 2. Adequate wrist action 3. Adequate Spin								
C. Follow-Through 1. Racquet head leads through line of shot 2. Racquet finishes on left side of body 3. Right foot comes through to help regain balance								