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| **TENNIS WRITTEN EXAM** |

True-False - Please mark a true state with a “+” and if the statement is false mark it with an “O.”

\_\_\_\_\_\_\_\_ 1. If you leave the ground with both feet while serving, it is illegal.

\_\_\_\_\_\_\_\_ 2. Is it legal to step on the base line while serving?

\_\_\_\_\_\_\_\_ 3. The serving grip is pure eastern grip.

\_\_\_\_\_\_\_\_ 4. The slide service is less accurate than the flat serve.

\_\_\_\_\_\_\_\_ 5. The ball should be contacted by the racquet on its downward flight.

\_\_\_\_\_\_\_\_ 6. In preparing to serve, stand with your right side toward the net.

Multiple Choice - Please put the correct letter in the blank.

\_\_\_\_\_\_\_\_ 1. In the set position, the feet are:

 a. together, weight is even

 b. comfortable apart, weight on balls of feet

 c. apart. weight is even

\_\_\_\_\_\_\_\_ 2. In the grip, the racquet is:

 a. perpendicular to ground, palm of hand down

 b. parallel to ground, racquet face standing on edge

 c. parallel, racquet face at a slant

\_\_\_\_\_\_\_\_ 3. Most of the time your knees should be:

 a. stiff, and bend when ball reaches the racquet

 b. bent and flexible

 c. any way that is comfortable

\_\_\_\_\_\_\_\_ 4. The tennis swing should be:

 a. in definite steps

 b. smooth, slow and continuous motion

 c. hurried swing, not too loose

\_\_\_\_\_\_\_\_ 5. In the serve the set position is:

 a. facing net, feet together, weight even on both feet

 b. side toward net, feet shoulder width apart, weight on back foot

c. body and racquet in a comfortable position

Fill in the blank:

1. In the back swing shift your weight to the (right/left) \_\_\_\_\_\_\_\_\_\_\_\_ foot.

2. In the forward swing the racquet should be at the (highest/ lowest)\_\_\_\_\_\_\_\_\_\_\_\_\_ point.

3. For a slice serve, the ball is on the (right/left) \_\_\_\_\_\_\_\_\_\_ side.

4. When serving on the right side of the court, the ball should land in the opponent’s (right/left)\_\_\_\_\_\_\_\_\_\_ court.

5. In the follow through, the racquet \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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| **SERVE: SKILL TEST CHECK LIST** |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Perform four serves in a row. Observer look at 2 check points on each serve.

**CHECK LIST RATING SCALE:**

3 - Outstanding

2 - Average

1 - Below Average

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| --- | --- |
|  | **Record Rating** |
| **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 |  |  |  |  |
| **Total Points** |  |  |  |  |

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| **FOREHAND AND BACKHAND SKILL: SKILL TEST CHECK LIST** |

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions:** Observe only one section at a time. Mark rating in column following each practice. Practice 4 forehand drive strokes and 4 backhands before changing roles.

**CHECK LIST RATING SCALE:**

3 - Outstanding

2 - Average

1 - Below Average

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| --- | --- |
|  | **Record Rating** |
| **I. SET POSITION** |  |
| A. Grip1. 1. Shaking hands (forehand) Palm on top (backhand)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 |  |  |  |  |