

## 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 \_\_\_\_\_.

**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

	Record Rating			
<b>I. SET POSITION</b>				
A. Grip <ul style="list-style-type: none"> <li>1. Continental Grip</li> <li>2. Fingers spread</li> </ul>				
B. Stance <ul style="list-style-type: none"> <li>1. Side toward net</li> <li>2. Weight on rear feet; feet spread</li> </ul>				
C. Racquet <ul style="list-style-type: none"> <li>1. Pointing to serve area</li> <li>2. Standing on edge</li> <li>3. Left hand cradling</li> </ul>				
<b>II. BACKSWING (Ball Toss)</b>				
A. Ball Toss <ul style="list-style-type: none"> <li>1. Ball thrown to correct height</li> <li>2. Ball thrown above left foot</li> </ul>				
B. Racquet Arm <ul style="list-style-type: none"> <li>1. Both arms work smoothly together</li> <li>2. Racquet raises almost to shoulder level</li> <li>3. Racquet head drops well behind back (wrist touches shoulder)</li> </ul>				
C. Weight Transfer <ul style="list-style-type: none"> <li>1. Weight shifts to front foot</li> <li>2. Balance maintained by front knee bend</li> </ul>				
<b>III. FORWARD SWING</b>				
A. Throwing Motion <ul style="list-style-type: none"> <li>1. Smooth, continuous motion</li> <li>2. Elbow leads wrist and racquet forward and up</li> </ul>				
B. Contact <ul style="list-style-type: none"> <li>1. Highest point above left foot</li> <li>2. Adequate wrist action</li> <li>3. Adequate Spin</li> </ul>				
C. Follow-Through <ul style="list-style-type: none"> <li>1. Racquet head leads through line of shot</li> <li>2. Racquet finishes on left side of body</li> <li>3. Right foot comes through to help regain balance</li> </ul>				
<b>Total Points</b>				

**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

		Record Rating			
<b>I. SET POSITION</b>					
A. Grip					
1. 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					
<b>II. BACKSWING</b>					
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 wrists (left hand helps backhand)					
C. Run to Ball					
1. Move quickly to ball					
2. Sets on rear foot					
<b>III. FORWARD SWING</b>					
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					