TENNIS RECIPROCAL TASK SHEET #1: FOREHAND STROKE

Name: _____

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Name: _____

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Directions: Work with a partner. Place both of your names on each task sheet. One person is the "doer" while the other person is the "observer". Observer reads information/instructions to the doer, offers verbal feedback and places a check in the "yes" or "no" column recording the performance of their partner. Record the date of the practice. Complete the task sheet until you are directed to "change roles". Then, the "doer" becomes the "observer". Each person has his/her own task sheet.

	DATES							
(Record date of practice)								
	Yes	**No**	**Yes**	**No**	**Yes**	**No**	**Yes**	**No**
READY POSITION								
Assume the handshake grip.								
Non-dominant hand supports neck of racquet.								
Knees bent.								
Weight on balls of feet and ready to move.								
Eyes looking across net at imaginary opponent.								
FOREHAND STROKE								
Side to net.								
Drop ball in front of foot closest to net.								
Racquet moves back into back swing of stroke.								
Steps forward toward direction of net while swinging.								
Follows through with swing and weight change.								
Repeat all of the above skills; then pick up balls and change roles.								