|  |
| --- |
| TENNIS RECIPROCAL TASK SHEET #2: FOREHAND |

**Doer’s Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Observer’s Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions:** Work in a group of 3. One student is the “doer;” one person is the “observer;” one is the ball tosser.

 Doer: Complete tasks read to you.

 Observer: Read Task Sheet to partner and place a check in the appropriate box looking at 1-2 points at a time. Offer feedback.

 Tosser: Toss the ball to the forehand side of “doer.”

|  |  |
| --- | --- |
| **FOREHAND** | **DATES** |
| (Record date of practice) |  |  |  |  |
|  | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| 1. Assume ready position. |  |  |  |  |  |  |  |  |
| 2. Execute an early backswing getting racquet back as soon as possible. |  |  |  |  |  |  |  |  |
| 3. Quickly move to ball. |  |  |  |  |  |  |  |  |
| 4. Set up with the side of the body to the net. |  |  |  |  |  |  |  |  |
| 5. Step onto left leg (R handed players) before contact. Transfer weight to that leg. |  |  |  |  |  |  |  |  |
| 6. Contact the ball in front of the left leg. |  |  |  |  |  |  |  |  |
| 7. Contact the ball with the racquet perpendicular to the ground. |  |  |  |  |  |  |  |  |
| 8. Strong follow through. Right shoulder should almost touch your chin. |  |  |  |  |  |  |  |  |
| 9. Recover to ready position to receive another ball. |  |  |  |  |  |  |  |  |
| 10. Repeat task sheet hitting 4 balls in a row. |  |  |  |  |  |  |  |  |
| Rotate: Tosser to Observer Observer to Doer Doer to Tosser |  |  |  |  |  |  |  |  |
| After everyone in your group completes the Task Sheet, move on to the Backhand Task Sheet. |  |  |  |  |  |  |  |  |

|  |
| --- |
| **TENNIS RECIPROCAL TASK SHEET #3: BACKHAND** |

**Doer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Observer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Work in a group of 3. One student is the “doer;” one person is the “observer;” one is the ball tosser.

Doer: Complete tasks read to you.

Observer: Read Task Sheet to partner and place a check in the appropriate box looking at 1-2 points at a time. Offer feedback.

Tosser: Toss the ball to the backhand side of “doer.”

|  |  |
| --- | --- |
|  | **DATES** |
| (Record date of practice) |  |  |  |  |
|  | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** | **Yes** | **No** |
| **BACKHAND** |  |  |  |  |  |  |  |  |
| 1. Assume ready position.
 |  |  |  |  |  |  |  |  |
| 1. Execute an early backswing getting racquet back as soon as possible.
 |  |  |  |  |  |  |  |  |
| 1. Quickly move to ball.
 |  |  |  |  |  |  |  |  |
| 1. Set up with the side of the body to the net.
 |  |  |  |  |  |  |  |  |
| 1. Step onto right leg (R handed players) before contact. Transfer weight to that leg.
 |  |  |  |  |  |  |  |  |
| 1. Contact the ball in front of the right leg.
 |  |  |  |  |  |  |  |  |
| 1. Contact the ball with the racquet perpendicular to the ground.
 |  |  |  |  |  |  |  |  |
| 1. Strong follow through.
 |  |  |  |  |  |  |  |  |
| 1. Recover to ready position to receive another ball.
 |  |  |  |  |  |  |  |  |
| 1. Repeat task sheet hitting 4 balls in a row.
 |  |  |  |  |  |  |  |  |
| 1. Rotate:

Tosser to ObserverObserver to DoerDoer to Tosser |  |  |  |  |  |  |  |  |
| After everyone in group completes the Task Sheet, rally with your group on the court. |  |  |  |  |  |  |  |  |