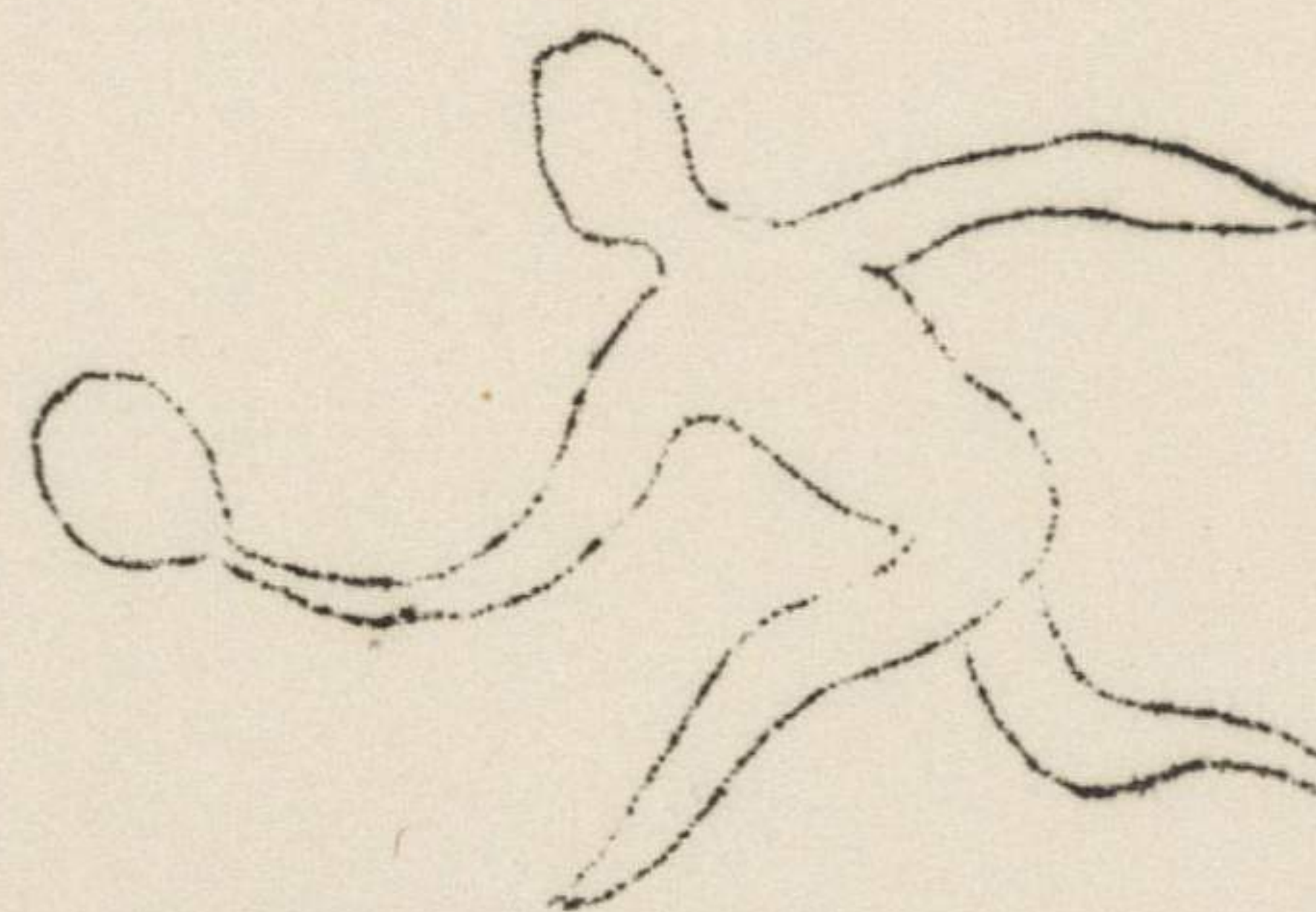


TENNIS



1. Accuracy Serving Test

Hit five balls using overhead service, stroke the target 39 feet away.

Target 2' x 10 feet divided into five parts.

0	1	2	1	0
1	2	3	2	1
0	1	2	1	0

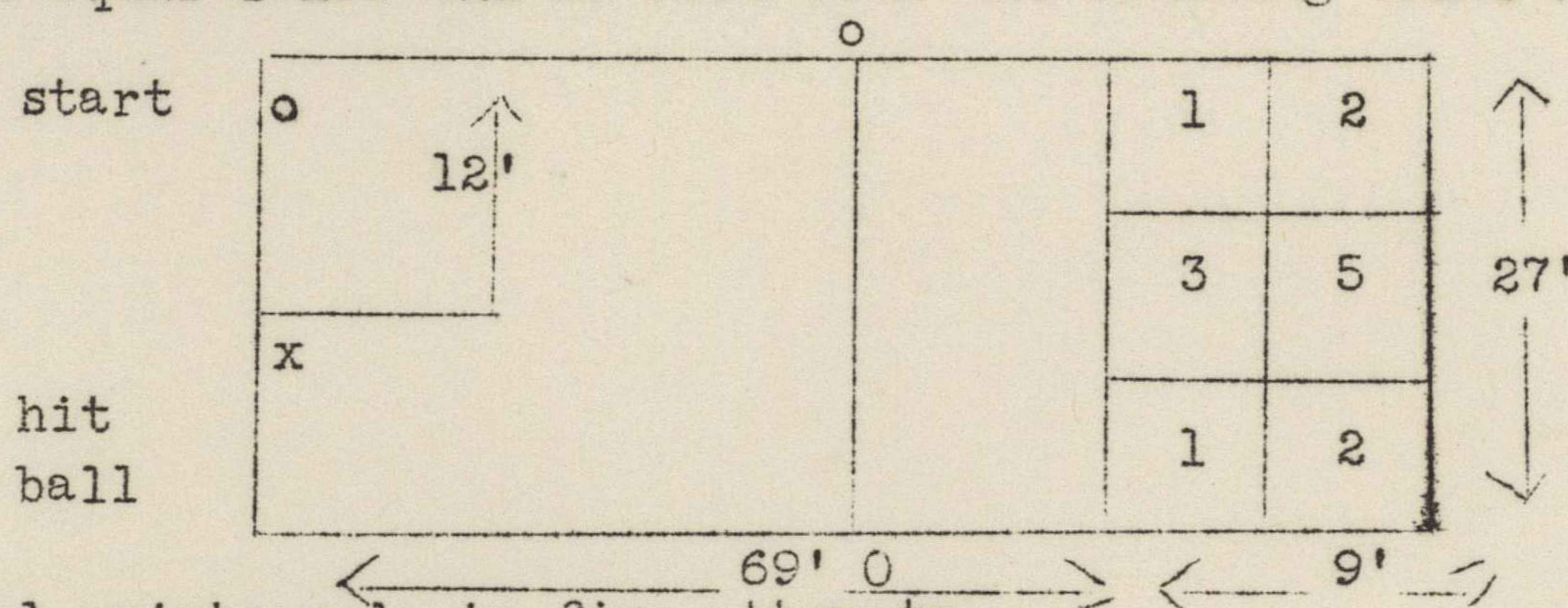
Score total points made in 5 attempts

2. Speed Test.

Hit ball against wall 15 feet away as many times as possible in 15 seconds. Start by bouncing ball from the floor. Ground stroke or volley is optional. Score total returns.

3. Ground Stroke Accuracy (forehand)

Start at left end of back court, toss ball over line 12' away along baseline; run and hit ball on first bounce into scoring zones across the net. Scoring zone 9 x 27 feet divided into three equal zones and 69 feet from the starting line.



Score total points made in five attempts.

4. Repeat test #3, starting from right side of court and use back-hand score.

5. Volley

Hit the ball on a volley against a wall (15' away) and above a line 8' high as many times as possible in 15 seconds. If he fails to volley the ball, record the last successful return.