

# Tennis Individual Skills Competition - Instruction Sheet

## a. Racket Bounce

- 1) The athlete scores one point for each time he or she uses the racket to bounce the ball on the court. If the athlete loses control of the ball, hand him or her another ball and continue the count. Athlete performs skill for 30 seconds.

## b. "UPS"

- 1) The athlete scores one point for each ball hit into the air from the racket. If the athlete loses control of the ball, hand him or her another ball and continue the count. Athlete performs skill for 30 seconds.

## c. Forehand Volley

- 1) The athlete stands approximately one meter from the net with the feeder on the other side positioned halfway between the service line and the net. Each athlete is given five attempts to hit a ball safely over the net. The Feeder underhand tosses each ball to the athlete's forehand side.

- 2) The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores five points for hitting into either service box.

## d. Backhand Volley

- 1) Same as forehand volley except feeder sends the balls to athlete's backhand side. Each athlete is given five attempts.

## e. Forehand Groundstroke

- 1) The athlete stands on or behind the baseline. The feeder, positioned halfway between the net and service line on the same side of the net, underhand tosses the ball so it bounces once before reaching the athlete's forehand side. Each athlete is given five attempts.

- 2) The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores five points for hitting into either service box.

## f. Backhand Groundstroke

- 1) Same as forehand groundstroke except the feeder sends the ball to the athlete's backhand side. Each athlete is given five attempts.

## g. Serve - Deuce Court

- 1) Each athlete is given five attempts to hit a legal serve from the right court to the deuce service box. A ball landing in the correct service box will count 10 points. A zero (0) score is recorded if the athlete commits a foot fault or fails to get the ball in the service box. A foot fault occurs when the athlete steps on or over the baseline or the imaginary extensions of the center mark or sideline.

## h. Serve - Advantage Court

- 1) Same as serve to deuce court but from the left court to the advantage service box. Each athlete is given five attempts.

## i. Alternating Groundstrokes with Movement

- 1) The athlete is positioned at the center service mark on or behind the baseline. The feeder, standing halfway between the service line and net on the same side, alternates tosses to the athlete's forehand and backhand sides. Each toss should land at a point which is both halfway between the service line and baseline and halfway between the center service mark and singles sideline. The athlete must be allowed to return to the center mark before feeding the next ball. Each athlete is given ten attempts.

- 2) The athlete scores 10 points for hitting into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores five points for hitting into either service box.

## j. Final Score

- 1) A player's final score is determined by adding together the scores achieved in each of the seven events which comprise the Individual Skills Competition.