

Abilities Tennis of North Carolina

Tennis Individual Skills Competition Worksheet w/speedballs

Please submit total score on entry form



Athlete Name: _____

Grand Total

submit this score on ISC entry form

Forehand & Backhand Volleys

Set-Up: A volunteer stands on one side of the net and underhand tosses 5 balls (not letting the ball bounce) to an athlete standing one meter away from the other side of the net. The athlete gets 5 balls in a row to the forehand side and then 5 in a row to the backhand side.

Scoring: 5 pts. for hitting the ball into either service box.

	Volley #1		Volley #2		Volley #3		Volley #4		Volley #5	total	Total Score
Forehand		+		+		+		+			
Backhand		+		+		+		+			
										Max 25pts ea.	Max 50 pts

Forehand & Backhand Groundstrokes

Set-Up: A volunteer is stationed between the net and service line. The athlete stands on the "t" on the opposite side of the net on or behind the baseline. The volunteer underhand tosses the ball so that it bounces before the athlete's forehand and backhand side. 5 balls in a row to the forehand side and then 5 in a row to the backhand side.

Scoring: 5 pts. for hitting the ball into either service box.

	#1		#2		#3		#4		#5	total	Total Score
Forehand		+		+		+		+			
Backhand		+		+		+		+			
										Max 25pts ea.	Max 50 pts

Deuce & Advantage Court Serves

Set-Up: Athlete is given 5 attempts to hit a legal serve from the right court to the deuce service box. The athlete is then given 5 attempts to hit a legal serve from the left court to the advantage service box.

Scoring: 10 points if the ball lands in the correct service box. Zero points if the athlete misses the correct box or foot faults.

	Serve #1		Serve #2		Serve #3		Serve #4		Serve #5	total	Total Score
Deuce		+		+		+		+			
Advantage		+		+		+		+			
										Max 50pts ea.	Max 100 pts

Alternating Groundstrokes with Movement

Set-Up: Athlete is positioned on the "t". The feeder, standing on the opposite side of the net, alternates tosses to the athlete's forehand and backhand. Each toss should land at a point which is half-way b/t the center service mark and the service line. The athlete must be allowed to return to the center mark before feeding the next ball.

Scoring: Athlete is presented with 10 attempts. 5 pts. for hitting the ball into either service box.

	+		+		+		=		+		+		+		+		+		+		=	
#1		#2		#3		#4		#5		#6		#7		#8		#9		#10		Total Score		(Max 50)