PEHD 119 - BEGINNING TENNIS OBJECTIVES

Forehand:

1. From the proper stance the student will hit the ball 10 consecutive times onto the court without a mistake. (1 pt)
2. From the proper stance the student will bounce the ball off the racket face 10 consecutive times without a mistake using the forehand grip and 10 consecutive times using the backhand grip. (1pt)
3. Then alternate as in #2 between forehand and backhand. (1 pt)
4. From the service line, in the “T” position the student will hit a ball dropped by a partner, using the forehand stroke, having the ball land between the service line and the baseline 8 out of 10 times (8/10). (1pt)
5. Same as #4 except the ball shall be tossed from the opposite side of the net by a partner. Let the ball bounce once before striking back across the net. (1 pt).
6. Standing at the baseline, in the ready position, the student shall hit 8/10 tossed balls from the net by a partner that bounces between the service line and the baseline on the opposite side. Partner should remind the receiver to return to the center mark after each shot is hit.
7. Standing at the baseline and 1 stride in from the sideline, the student will hit 8/10 tossed balls from the net to either a cross-court or down-line position (called out by the tosser prior to tossing the ball) with the ball landing in the singles court on the opposite half of the court. (1pt)

Backhand:

8. Same as #4, hitting the backhand stroke. (1pt)
9. Same as #5, hitting the backhand stroke. (1pt)
10. Same as #6, hitting the backhand stroke. (1pt)
11. Same as #7, hitting the backhand stroke. (1pt)

Serve:

12. From the service line throw 10 balls out of 10 attempts the land in the service court of your partner.
13. From the service line with racket in back scratching position, hit 7/8 serves that land within the opponent’s service court. Two serves are allowed for each attempt. Alternate sides of the court. (1pt)
14. From the service line, using a toss and full racket action, hit 7/8 serves that land within the opponent’s service court. Two serves for each attempt. Alternate sides. (1pt)
15. Same as #13 from the baseline service area. (1pt)
16. Same as #14 from the baseline service area. (1pt)

Volley:

17. From a ball hit from the opponent’s court while standing 2 strides from the net, and alternating between the forehand and backhand, the student will volley the ball 10/12 times into the designated V area. (1pt)
18. Standing 2 strides from the net at center court, the student will volley a drive from the opponent’s baseline that lands in the designated V area on the opponent’s court 8/10 times. (1pt)
19. The student will volley with an opponent 10 times consecutively (5 hits each). (1pt)

Lob:

20. Standing behind the baseline, the student will lob, using the forehand stroke, a ball tossed from the opponent’s court, that clears the opponent’s extended arm and racket and lands within 10 feet of the baseline 8/10 times. (1pt)
21. Same as #20, except 7/10 using the backhand lob. (1pt)

Dropshot:

22. Standing at the service line, the student will hit a ball from the opponent’s court that must bounce twice in front of the service line on the opposite court 8/10 times. Alternate sides. (1pt)

Rally:

23. With a partner, the student will keep the ball in play by hitting the ball after one or two bounces. Each player must hit ten consecutive shots. (1pt)
24. Same as #23 but with only one bounce allowed. (1pt)
25. From a high hit ball, student will hit 5/7 overhead smashes that bounce once on the singles court and then exits the court behind the baseline. Student should be positioned between the service line and the net. (1pt)
26. From a hit ball, student will hit a ground stroke, followed by an approach shot, a forehand volley, and a backhand volley. Student will hit 6/8. (1pt)

Play:

27. Play two sets of singles against different opponents. Scores-Set 1___________Set 2___________. (1pt)
28. Play two sets of doubles against different opponents. Scores-Set 1___________Set 2___________. (1pt)
29. Students will play two singles and two doubles tie breakers in class. (1pt)
30. Play a complete match of singles outside of class (2/3 sets). Score_____________________________. (1pt)

Total:

30 points

*** The person who witnesses the successful completion of each objective should intilal on the blank line.

Student Name:______________________________________________________