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. (1pt)
____  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)

Opponent’s Name and telephone number________________________________________________________

Total: 30 points

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

Student Name:______________________________________________________