

Tennis Skill Assessment Card

Student Name: _____

Forehand Groundstroke	Yes/No	Test: Control/Direct ball to zones of the court (7 out of 10 to each zone)							Total Score:		
Grip: Eastern - Semi-western		Deep XC Forehand	1	1	1	1	1	1	1	1	Total Score:
Ready Position & Unit Turn		Deep DTL Forehand	1	1	1	1	1	1	1	1	Total Score:
Preparation (racquet head back above the hand)		Deep XC Backhand	1	1	1	1	1	1	1	1	Total Score:
Contact with comfortable extension		Deep DTL Backhand	1	1	1	1	1	1	1	1	Total Score:
Finish between waist & over shoulder		Short XC Forehand	1	1	1	1	1	1	1	1	Total Score:
Backhand Groundstroke											
Grip: Bottom Hand Continental, Top Hand Eastern		Short DTL Forehand	1	1	1	1	1	1	1	1	Total Score:
Ready Position & Unit Turn		Short XC Backhand	1	1	1	1	1	1	1	1	Total Score:
Preparation (racquet head back above the hand)		Short DTL Backhand	1	1	1	1	1	1	1	1	Total Score:
Contact with comfortable extension		Forehand Rally w/ Coach								Total Consecutive Hits:	
Finish between waist & over shoulder		Backhand Rally w/ Coach								Total Consecutive Hits:	
Vollies		Yes/No									
Proper Ready Position		Deep XC Forehand Volley	1	1	1	1	1	1	1	1	Total Score:
Continental Grip		Short Angle Forehand Volley	1	1	1	1	1	1	1	1	Total Score:
Take racquet head back above hand		Deep DTL Forehand Volley	1	1	1	1	1	1	1	1	Total Score:
Firm wrist on contact		Deep XC Backhand Volley	1	1	1	1	1	1	1	1	Total Score:
Linear Swing Path w/ Cross-step		Short Angle Backhand Volley	1	1	1	1	1	1	1	1	Total Score:
Overhead		Yes/No									
Trophy Position		Deep DTL Backhand Volley	1	1	1	1	1	1	1	1	Total Score:
Coninental Grip		Notes/Observations:									
Wide Stance											
Weight transfer to front foot during contact											
Serve		Yes/No									
Continental Grip		Serve to Deuce Court	1	1	1	1	1	1	1	1	Total Score:
Platform Stance		Serve to Ad Court	1	1	1	1	1	1	1	1	Total Score:
Palm facing down in backswing		Return Cross-court	1	1	1	1	1	1	1	1	Total Score:
Consistent Toss toward the net post w/ Toss Release above head		Return Down the Line	1	1	1	1	1	1	1	1	Total Score:
Balanced		Able to hit serve with topspin?									
Rhythmic service motion (arms up & down together)		Able to hit serve with slice?									
Return		Yes/No									
Transition Grip between FH & BH		Able to direct serve wide/body/middle?									
Ready Position w/ Quick Unit Turn											