



# WATCH YOUR TENNIS SKILLS GROW!



TENNIS FOR BRITAIN



## Assessment criteria



### 5

STAGE  
**Red**

#### RALLYS

Players have **3 attempts to hit 5 shots**, over and in with the coach using forehands and backhands

#### SERVES

Players must hit **5/10 serves** over and in the correct area

#### VOLLEYS

Players start in the middle of the court and run forwards, stop and then hit a volley – they must get a mixture of **5 forehand and backhand volleys** to pass.

### 10

STAGES  
**Red | Orange | Green**

#### RALLYS

Players have **3 attempts to hit 10 shots**, over and in with the coach/ another player using forehands and backhands from red baseline

#### SERVES

Players must hit **7/10 serves** over and in the correct area

#### VOLLEYS

Players start in the middle of the court and run forwards, stop, and then hit a volley – they must get a mixture of **10 forehand and backhand volleys** to pass.

### 15

STAGES  
**Red | Orange | Green**

#### RALLYS

Players have **3 attempts to hit 15 shots**, over and in with the coach/ another player using forehands and backhands from red baseline

#### SERVES

Players must hit **7/10 serves** over and in the correct area

#### VOLLEYS

Players start in the middle of the court and run forwards, stop and then hit a volley – they must get a mixture of **15 forehand and backhand volleys** to pass. (within 2 mins)

### 20

STAGES  
**Red | Orange | Green**

#### RALLYS

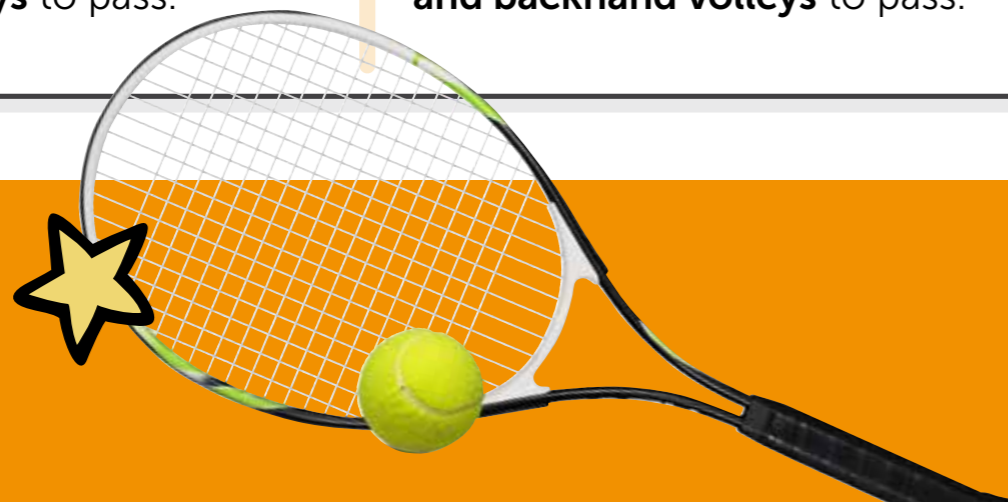
Players must achieve a rally of **20 cross court forehands & backhands** with a coach or another player. The outside shot must be the only shot used and they have 2 minutes on each side to achieve.

#### SERVES

The server must serve **7/10 shots to 2 targets** (out wide & down T)

#### VOLLEYS

Players must make **20/25 volleys** including at least **2 smashes**.



Birmingham Community Leisure Trust

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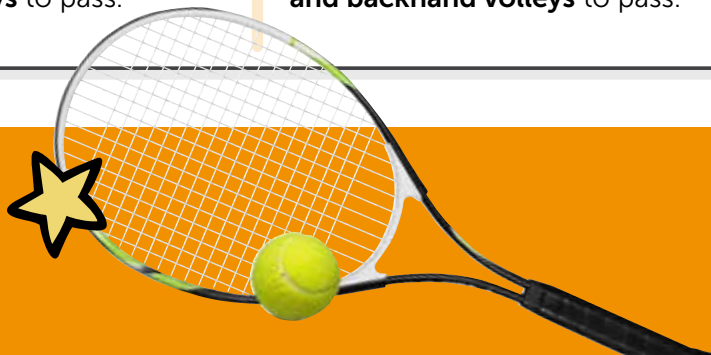
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