



Name: _____ out of 10

Date: _____ Age of player: _____

1) Hit 6 **FOREHAND** shots in a row.

Start time: _____ Finish time: _____

2) Hit 4 **BACKHAND** shots in a row.

Start time: _____ Finish time: _____

3) Hit 4 forehands and 4 backhands **ALTERNATING** in a row.

Start time: _____ Finish Time: _____

4) Hit 5 **SERVES** from the left side that hit the front wall over the service line and land in the right box.

Start time: _____ Finish time: _____

5) Hit 5 **SERVES** from the right side that hit the front wall over the service line and land in the left box.

Start time: _____ Finish time: _____

6) Run 3 sets of 3 star drills.

1st set time: _____ 2nd set time: _____ 3rd set time: _____

7) **Bonus question:** What is the name of the metal portion and the bottom red line on the front wall? _____