



Skills Test

Tennis is a game of movement and hitting to targets while keeping score.

Player _____ Coach _____ Date _____

Indicate with a check if shot is good. GS and Approach must land past the service line & Volleys inside service block. If not in the correct block no check

DRILL 1

- 1 FH X CRT
- 2 FH APP DTL
- 3 FH V X CRT
- 4 BH XC
- 5 BH APP DTL
- 6 BH V X CRT

DRILL 2

- 7 FH X CRT
- 8 BH X CRT
- 9 FH APP DTL.
- 10 FH V X CRT
- 11 BH V X CRT
- 12 OH SINGLES

DRILL 3

- 13 FH X CRT
- 14 BH X CRT
- 15 BH APP DTL
- 16 BH V X CRT
- 17 FH V X CRT
- 18 OH SINGLES

LOBS

- 19 FH UNDERSPIN
- 20 BH UNDERSPIN

DROP SHOTS

- 21 Service line
- 3 bounces

SERVES

- 22 DEUCE W
- 23 DEUCE T
- 24 AD T
- 25 AD W

SCORE: (Checks x 4)

GRIPS:

- FH GS.
- BH GS
- FH V
- BH V
- BHSLICE
- OH
- SERVE

TIE BREAKER TEST

- 1# _____
- 2# _____

Subject: Spring Break Training coming up

If you'd like your player to come and do the skill testing with us, then the Spring Break Training that I will be running soon, is the perfect place to do it.

It's for kids aged 9+ who are serious about their tennis and have ambitions of playing college tennis in the future, at a minimum.

They will run the following schedule:

- 7.00am-9.30am Movement and On-court training
- 9.30am-11.00am Mental Toughness & Brunch - Cafeteria
- 11.00am-1.00pm - Points and Situations
- 1.00pm-1.45pm - Strength and Power

And then during the weekend (March 22nd and 23rd) we'll run a UTR tournament that is the perfect place for your player to put their newly acquired skills to the test.

During the camp we will do:

- In-depth skill testing
- Video analysis
- Record a tailored feedback video with recommendations on what to work on to improve further
- A tactical and mental presentation off-court
- And much more

At the time I'm writing this email there are only 6 spots available.

If you'd like to take one of them, reply to this email with the word "Spring" and I'll send you the full details.

Or if you've got any questions, let me know too. I'll be reading and replying to every email over the next few days.

Ashley

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