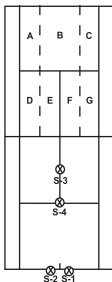


Passed SSV Date _____
SSV Score _____
Mobility Score _____

FCAC Level II Skills Test

Advanced Beginner & Low Intermediate

(For admittance to C-5A, C-6, C-7) Circle appropriate class



1st Try	Who Tested	2nd Try	Who Tested	3rd Try	Who Tested
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Tester Use Only

Date Passed _____

Tester _____

Date _____

Student Name _____ Age _____

Address _____

Phone _____ Present Class Assignment _____

E-mail _____

FH = forehand V = volleys BH = backhand OH = overhead S = serve

1. SERVE – standing at S-1/S-2 perform with a proper stance, standing balance (no step allowed) and follow through

- a) 6 out of 10 balls into deuce service court (area D/E). ★
- b) 6 out of 10 balls into ad service court (area F/G). ★

2. RETURN OF SERVE – standing near baseline in proper location and ready position

- a) Return 3 of 5 balls into single court served to deuce box.
- b) Return 3 of 5 balls into single court served to ad box.

3. GROUNDSTROKES – low to high, proper follow through motion, stepping forward with correct foot and shuffle back to S-1 or S-2

- a) At S-1 hit 6 of 10 FHs into singles court / cross court and shuffle back to S-1. ★
- b) At S-2 hit 6 of 10 BHs into singles court / cross court and shuffle back to S-2. ★
- c) Starting at alley student must run down a ball fed close to opposite alley (singles court) and hit 3 out of 5 balls back into singles court deeper than service line using their FH. Student must then sprint back to starting position for next feed. (3 tries allowed.)
- d) Same as C using backhands.
- e) At baseline rally 1/2 court plus alley with tester hitting 10 in a row using FHs and BHs (3 tries allowed)

4. VOLLEYS – standing at S-3, block volleys with no follow through stepping forward with correct footwork

- a) Hit 6 out of 10 FH volleys cross court* / singles court. ★
 - b) Hit 6 out of 10 BH volleys cross court* / singles court. ★
 - c) Hit 10 volleys one on one with the tester in a row. (Three tries allowed.)
- Tester can take only 1 step in any direction, standing at opposite S-3 position.
*Balls will be fed by tester from the baseline for a & b.

5. OVERHEADS – standing at S-3 in ready position, perform sideways preparation, follow through and balance on finish

- a) Hit 6 out of 10 overheads cross court singles court to the deuce side of the court. ★
 - b) Hit 6 out of 10 overheads cross court singles court to the ad side of the court. ★
- Lobs will be fed by tester from the baseline.

6. LOBS – standing at S-1 or S-2 with tester at S-4 on other side of net.

- a) Hit 3 of 5 FH lobs over reach of tester deeper than service line / singles court
- b) Hit 3 of 5 BH lobs over reach of tester deeper than service line / singles court

7. TENNIS KNOWLEDGE (Student must pass each section with a score of 90% or higher.)

- a) Know scoring, basic rules, and court etiquette from written test.
- b) Know name and position of tennis grips.
- c) Know parts of tennis court and all lines.
- d) Know parts of the tennis racquet.

	1st Try	2nd Try	3rd Try
1. SERVE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. RETURN OF SERVE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. GROUNDSTROKES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. VOLLEYS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. OVERHEADS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. LOBS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. TENNIS KNOWLEDGE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

★ NOTE: Students will get 2 practice shots on each routine.