

POWER STANDARD 1: I Can Move Correctly

Five Ball-Control Methods of Racket Sports: Problem Solving on the Court

1. Height—aim 3-4 feet (91-122 cm) over the net
2. Distance or depth—between service line and backcourt line for tennis; high and deep for badminton
3. Direction—straight ahead or crosscourt
4. Spin—topspin (brush the ball)
5. Speed—pace on the ball