

Table 9.5 Essential Tennis Skills

Performance Criteria Elements		Learning Cues	
Forehand drive		Forehand drive	
• Ready position		• Ready, grip	
• Ball approaches racket side, pivot on racket foot		• Pivot	
• Turn hips and shoulders toward ball; swing racket back with top pointing to fence		• Swing racket back quickly	
• Step diagonally forward with nonracket foot toward the ball		• Step toward ball	
• Shift weight forward to front foot; bend knee		• Shift weight forward	
• Swing racket forward, with extended arm, while rotating hips and shoulder forward		• Twist	
• Swing racket through the ball, with arm and wrist extended		• Swing through the ball	
• Follow through with the racket swinging out, upward and back over shoulder		• Follow-through	
• Return to ready position		• Home, ready	
Backhand drive		Backhand drive	
• Ready position		• Ready	
• Ball approaches nonracket side; pivot on nonracket foot; change to backhand grip		• Pivot, grip	
• Nonracket hips, then shoulders, rotate back toward fence		• Step diagonally toward ball	
• Racket-side shoulder and hip rotate toward the ball		• Rotate	
• Racket pulled across body with elbow toward the ball		• Racket across and back	
• Step diagonally toward ball		• Step toward the ball	
• Swing racket through the ball; extend arm		• Swing racket through the ball; lead with racket head	
• Shift weight onto racket foot; bend knee		• Shift weight	
• Follow through out, up, and over racket shoulder; back to ready position quickly		• Follow through to ready position	
Overhand serve		Overhand serve	
• Continental grip		• Change grip	
• Feet placed at 45-degree angle to the net		• Nonracket foot forward • Racket foot behind • Ball held on strings	
• Toss slightly higher than the extended tip of the racket		• Toss with straight arm	
• Down, up, and forward swing		• Down, up, back • Elbow up	
• Full extension of body, arm, and racket to hit the ball at the highest point		• Extend; swing up and forward. Extend arm	
• Weight shifts forward to front foot		• Shift weight forward	
• Wrist snaps on contact		• Snap; hit through the ball	

From J.L. Lund and M.F. Kirk, *Performance-Based Assessment for Middle and High School Physical Education*, 3rd ed. (Champaign, IL: Human Kinetics, 2020).

Overhand serve	
<ul style="list-style-type: none"> • Follow through, out, across, down • Step forward on racket foot • Return to ready position 	<ul style="list-style-type: none"> • Follow through; ready position
Forehand volley	
<ul style="list-style-type: none"> • Forehand grip • Hold racket in front pointing across net; support with nonracket hand 	<ul style="list-style-type: none"> • Grip; racket in front
<ul style="list-style-type: none"> • Knees bent; weight forward on balls of feet 	<ul style="list-style-type: none"> • Weight forward; knees bent
<ul style="list-style-type: none"> • Quick shoulder turn with racket brought back 	<ul style="list-style-type: none"> • Turn
<ul style="list-style-type: none"> • Firm grip, wrist and arm move as a unit 	<ul style="list-style-type: none"> • Firm wrist and arm
<ul style="list-style-type: none"> • Racket head at eye level 	<ul style="list-style-type: none"> • Eye level
<ul style="list-style-type: none"> • Step forward with opposite foot 	<ul style="list-style-type: none"> • Step forward
<ul style="list-style-type: none"> • Short swing, racket head slightly open 	<ul style="list-style-type: none"> • Short swing
<ul style="list-style-type: none"> • Arm slightly extended not fully 	<ul style="list-style-type: none"> • Arm not extended
<ul style="list-style-type: none"> • Contact to the side and in front 	<ul style="list-style-type: none"> • Contact in front; punch
<ul style="list-style-type: none"> • Shift weight to forward foot 	<ul style="list-style-type: none"> • Shift weight forward
<ul style="list-style-type: none"> • Hit through ball with little or no follow-through 	<ul style="list-style-type: none"> • No follow-through
<ul style="list-style-type: none"> • Back to ready position 	<ul style="list-style-type: none"> • Ready
Backhand volley	
<ul style="list-style-type: none"> • Backhand grip • Nonracket hand on racket throat • Knees bent, on balls of feet 	<ul style="list-style-type: none"> • Grip • Racket up with support • Ready
<ul style="list-style-type: none"> • Quick shoulder turn to nonracket side 	<ul style="list-style-type: none"> • Turn
<ul style="list-style-type: none"> • Firm grip, wrist, and elbow work as a unit • Racket at eye level • Step forward with opposite foot 	<ul style="list-style-type: none"> • Firm • Eye level • Step
<ul style="list-style-type: none"> • Blocking motion • Slightly extended arm • Contact at side and in the front 	<ul style="list-style-type: none"> • Punch ball • Contact at side and in front
<ul style="list-style-type: none"> • Punch ball; no follow-through 	<ul style="list-style-type: none"> • No follow-through
<ul style="list-style-type: none"> • Weight on front foot 	<ul style="list-style-type: none"> • Weight forward
<ul style="list-style-type: none"> • Return to ready position 	<ul style="list-style-type: none"> • Ready
Forehand lob	
<ul style="list-style-type: none"> • Forehand grip 	<ul style="list-style-type: none"> • Grip
<ul style="list-style-type: none"> • Run and plant nonracket foot forward 	<ul style="list-style-type: none"> • Move, opposite foot forward
<ul style="list-style-type: none"> • Short backswing 	<ul style="list-style-type: none"> • Short backswing
<ul style="list-style-type: none"> • Open racket face • Swing low to high, lifting ball up and over • Finish with racket high, not complete follow-through 	<ul style="list-style-type: none"> • Racket open • Low to high swing • Lift ball up and over • Finish with racket high
<ul style="list-style-type: none"> • Move to home position; ready 	<ul style="list-style-type: none"> • Ready