Level 1: Play Tennis Course Coaching Beginners of all ages

Playing Ability assessment criteria for coaches

As part of the Level 1 Play Tennis course assessments, candidates must complete a playing ability assessment video using an orange ball on an orange court. Below is the criteria for the assessment along with the scoring (Not Yet Competent, Competent and Excellent).

Candidates should be aware of and ensure they can complete the below competencies prior to registering for a course.

Information regarding completing the assessment is presented during the Level 1 Play Tennis course including video set up etc.

A.

FOREHAND

1. Use an accepted forehand grip (eastern, semi-western or western (NYC) (C) (E)

2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)

3. Can rally more than four balls over the net and inside the court (NYC) (C) (E)

B.

BACKHAND

1. Use an accepted backhand grip (single or double) for topspin and slice (NYC)(C)(E)

2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)

3. Can rally more than four balls over the net and inside the court (NYC) (C) (E)

C.

FOREHAND VOLLEY

1. Volley using the continental grip (NYC) (C) (E)

2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)

3. Can rally more than four balls over the net and inside the court while volleying (NYC) (C) (E)

D.

BACKHAND VOLLEY

1. Volley using the continental grip (NYC) (C) (E)

2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)

3. Can rally more than four balls over the net and inside the court while volleying (NYC) (C) (E)

E.

SMASH

1. Smash using the continental grip (NYC) (C) (E)

2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)

3. Make more than 50% of balls using the smash (NYC) (C) (E)

F.

SERVE

1. Serve using the continental grip (NYC) (C) (E)

2. Demonstrate modern technique while performing either first or second serves (NYC) (C) (E)

3. Make more than 50% serves in (NYC) (C) (E)