

SPECIAL OLYMPICS COLORADO TENNIS INDIVIDUAL SKILLS COMPETITION



The purpose of the Individual Skills competition is to allow athletes to train and compete in basic tennis skills and allow participation for athletes with equipment or mobility assistance devices that, for safety reasons, cannot participate in match play.

Athletes must attempt to complete all skills to receive an award.

Athletes will compete using a red foam ball on a 42' court. Serves will be taken from the service line instead of the base line.

SKILL #1 - FOREHAND VOLLEY

1. Athlete stands approximately one meter from the net with the volunteer on the other side of the net positioned half-way between the service line and the net.
2. The volunteer tosses the ball using an underhand motion toward the athlete's forehand side
3. The athlete scores 10 points for hitting the ball into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores 5 points for hitting into either service box.
4. The athlete is given 5 attempts to hit a ball safely over the net.

SKILL #2 - BACKHAND VOLLEY

1. Athlete stands approximately one meter from the net with the volunteer on the other side of the net positioned half-way between the service line and the net.
2. The volunteer tosses the ball using an underhand motion toward the athlete's backhand side.
3. The athlete scores 10 points for hitting the ball into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores 5 points for hitting into either service box.
4. The athlete is given 5 attempts to hit a ball safely over the net.

SKILL #3 - FOREHAND GROUNDSTROKE

1. Athlete stands on or behind the baseline with the volunteer positioned half-way between the net and the service line on the same side of the net as the athlete.
2. The volunteer tosses the ball using an underhand motion so that the ball bounces once before reaching the athlete's forehand side.
3. The athlete scores 10 points for hitting the ball into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores 5 points for hitting into either service box.
4. The athlete is given 5 attempts to hit the ball safely over the net.

SKILL #4 - BACKHAND GROUNDSTROKE

1. Athlete stands on or behind the baseline with the volunteer positioned half-way between the net and the service line on the same side of the net as the athlete.
2. The volunteer tosses the ball using an underhand motion so that the ball bounces once before reaching the athlete's backhand side.
3. The athlete scores 10 points for hitting the ball into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores 5 points for hitting into either service box.

4. The athlete is given 5 attempts to hit the ball safely over the net.

SKILL #5 - SERVE – DEUCE COURT

1. Athlete is given 5 attempts (*1 toss = 1 attempt*) to hit a legal serve from the right court to the deuce service box.
2. The athlete scores 10 points for landing a ball in the correct service box. The athlete scores 0 (zero) points for foot faults or if he/she fails to get the ball in the correct service box. A foot fault occurs when the athlete steps on or over the baseline or the imaginary extensions of the center mark or sideline.

SKILL #6 - SERVE - ADVANTAGE COURT

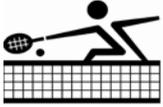
1. Athlete is given 5 attempts (*1 toss = 1 attempt*) to hit a legal serve from the left court to the ad service box.
2. The athlete scores 10 points for landing a ball in the correct service box. The athlete scores 0 (zero) points for foot faults or if he/she fails to get the ball in the correct service box. A foot fault occurs when the athlete steps on or over the baseline or the imaginary extensions of the center mark or sideline.

SKILL #7 - ALTERNATING GROUNDSTROKES

1. The athlete is positioned at the center service mark on or behind the baseline. The volunteer is positioned half-way between the service line and the net on the same side as the athlete.
2. The volunteer, using an underhand motion, alternates tosses to the athlete's forehand and backhand sides. Each toss should land at a point which is both half-way between the service line and baseline and half-way between the center service mark and the singles sideline. The athlete must be allowed to return to the center mark before the volunteer tosses the next ball.
3. The athlete scores 10 points for hitting the ball into the backcourt on or between the baseline, service line and singles sidelines. The athlete scores 5 points for hitting into either service box.
4. The athlete is given 10 attempts to hit the ball safely over the net.

FINAL SCORE

An athlete's final score is determined by adding together the scores achieved in each of the 7 events.



**SPECIAL OLYMPICS COLORADO
TENNIS INDIVIDUAL SKILLS SCORE SHEET**

2018

REGION _____ PROGRAM _____

ATHLETE **For Coach Use ONLY**

DIVISION **Do not submit with entries.**

SKILL NUMBER	SKILL DESCRIPTION	SCORE
Skill #1	Forehand Volley (5-10 pts per hit)	
Skill #2	Backhand Volley (5-10 pts per hit)	
Skill #3	Forehand Groundstroke (5-10 pts per hit)	
Skill #4	Backhand Groundstroke (5-10 pts per hit)	
Skill #5	Serve - Deuce Court (10 pts per hit)	
Skill #6	Serve - Advantage Court (10 pts per hit)	
Skill #7	Alternating Groundstrokes with movement (5-10 pts per hit)	
TOTAL SCORE		

A hit is a ball that is hit safely over the net and into the singles court. The athlete earns five points for any ball hit into the services boxes, and ten points for any ball landing on or between the service line, baseline, and single sidelines.

The athlete earns ten points for any serve landing in the correct service box.

Athletes will compete using a red foam ball on a 42' court. Serves will be taken from the service line instead of the base line.

DOES NOT NEED TO BE SUBMITTED WITH ENTRIES.