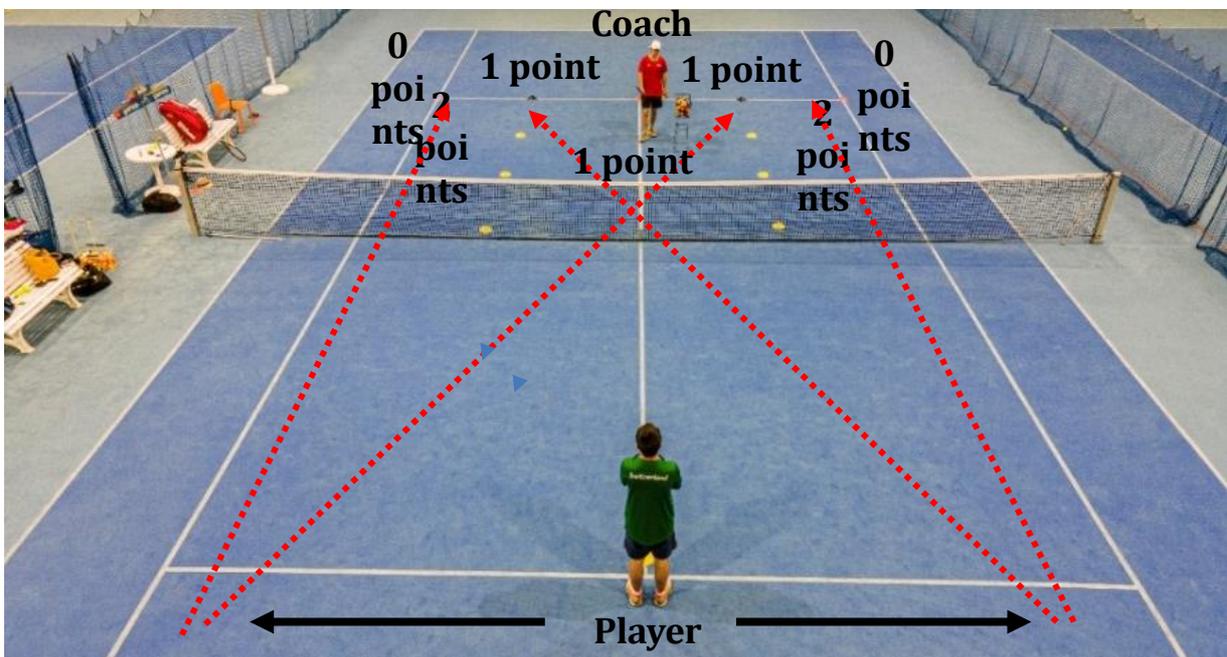


Special Olympics Challenge

Skill Tennis 2 – Accuracy test – low level

Presentation of the skill



This skill is indicated for beginners and consists of 12 basic shots.

They must be played both along the line and across on the small court (8.23 m x 12.8 m = large area, small rectangle = 6.4 m x 4.12 m, net height 91 cm).

You play in the following order:

- forehand longline: 3 balls
- backhand longline: 3 balls
- forehand cross: 3 balls
- backhand cross: 3 balls

It is recommended to do the series along the line first and then the cross-court shot series to avoid confusing the player.

The skill is played twice.

Effect of the skill

This skill helps to train basic shots, direction and spin.

Guidelines for communication of the results

To measure this skill, the instructions on how to delimit the areas of the field must be followed closely (see photo above).

Two monitors are needed, one to throw and one to record the results.

The best result after two attempts counts. The monitor who throws must be the same for the entire test.

Scoring

The first impact of the ball determines the beginning number of points.

- 1 point, if the ball lands in mid-court (inside the area marked in yellow)
- 1 point, if the ball lands in the playing part of the court
- 2 points, if the ball lands to the right or left of the yellow marking and in the "singles" area
- 0 points, if the ball is not hit, or if it hits the net or lands in the side part of the court (doubles) or outside the playing area.

Rules of the skill

- Follow the arrangement of the impact areas as in the photo above.
- Use boundary markers or lines to mark the areas and make them easily visible.
- Make two attempts and take the better result.
- The monitor tries to throw the ball in such a way as to make it easy for the player to hit the ball back.
- If the monitor makes a mistake when throwing, then the whole series of 3 shots should be repeated. In this case, the new result counts. Playing an additional ball is not allowed.

If you have any questions regarding this skill, we will be happy to assist you: challenge@specialolympics.ch.