

# HAVE YOU GOT YOUR PASSPORT?



GCTC Adult programs at the 3.0, 3.5 and 4.0 levels and above require a "Passport" to be eligible to register.

These are called "Performance On Demand" Passports and are a series of evaluations to determine your skill level. They can even be used as little 'pop quizzes' you can do on your own to ensure your skills are moving forward.

The evaluations are conducted by a certified Tennis Professional and are outlined on the following pages.



# POD

PERFORMANCE ON DEMAND

# PASSPORT



## NEUTRAL GROUNDSTROKE RALLY EVALUATION

### DIRECTIONS:

1. Rally on a singles court  $\frac{1}{2}$  width (see diagram)
2. Players start on opposing baselines
3. Place a marker at  $\frac{3}{4}$  court on both ends of the court

### SCORING: (2 Attempts, best score)

- Player #1 hits ball to player #2 to begin rally. Time fifteen seconds starting with the 1<sup>st</sup> ball hit by player #2
- Every time a player hits a 'neutralizing' ball (one that keeps the opponent behind the  $\frac{3}{4}$  court marker) they receive 1 point
- 2 attempts are given and the best score is recorded

### The rally receives no score if:

- Players do not hit a mix of forehands and backhands
- The rally was not sustained for the full 15 seconds
- The ball goes out
- A player volleys a ball

### CRITERIA

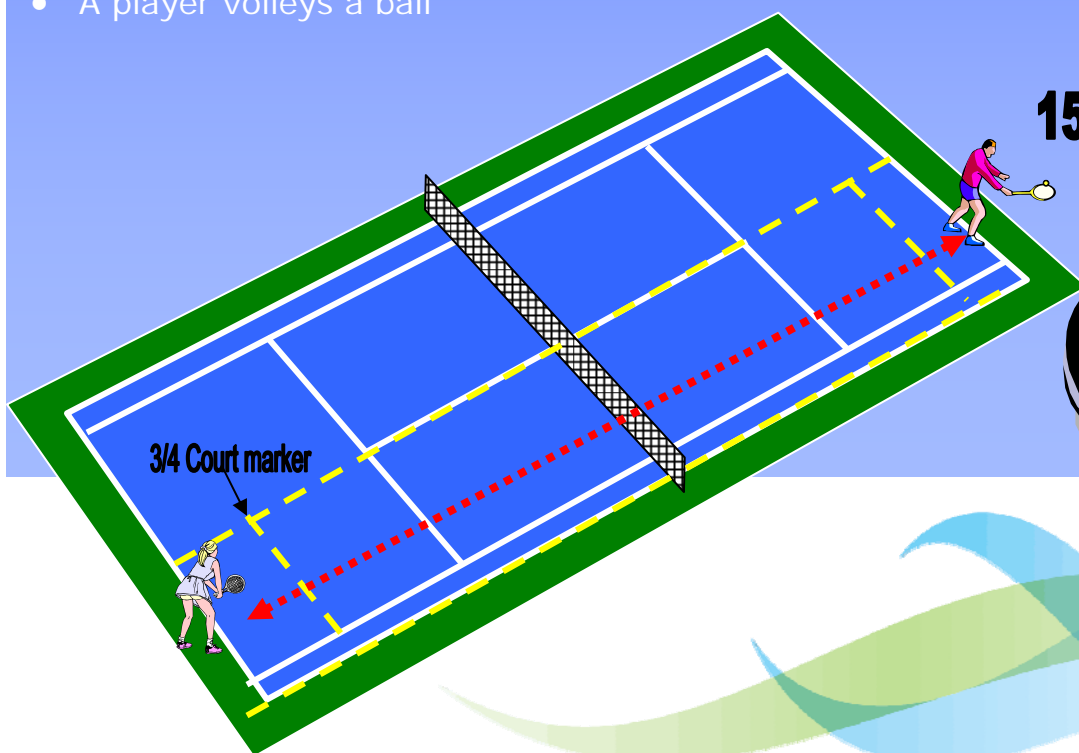
4.0 = 5+

3.5 = 4

3.0 = 3

2.5 = 2

2.0 = 0-1



15 Seconds



# POD PERFORMANCE ON DEMAND PASSPORT



## 1<sup>st</sup> SERVE EVALUATION

### DIRECTIONS:

1. Player starts behind the baseline in serve position
2. Serve 5 serves to the Ad Court and 5 to the Deuce Court placing the ball alternately to the forehand and backhand side of the service box

### SCORING:

- Score 1 point for every serve landing in the appropriate target area.
- A bonus 'power point' is awarded if the serve hits the back wall before bouncing a second time
- Server gets 2 attempts at serving 10 balls and the best score is recorded

### The Serve does not get a score if:

- The serve lands outside the target area
- The ball does not bounce past the baseline before the second bounce

### CRITERIA

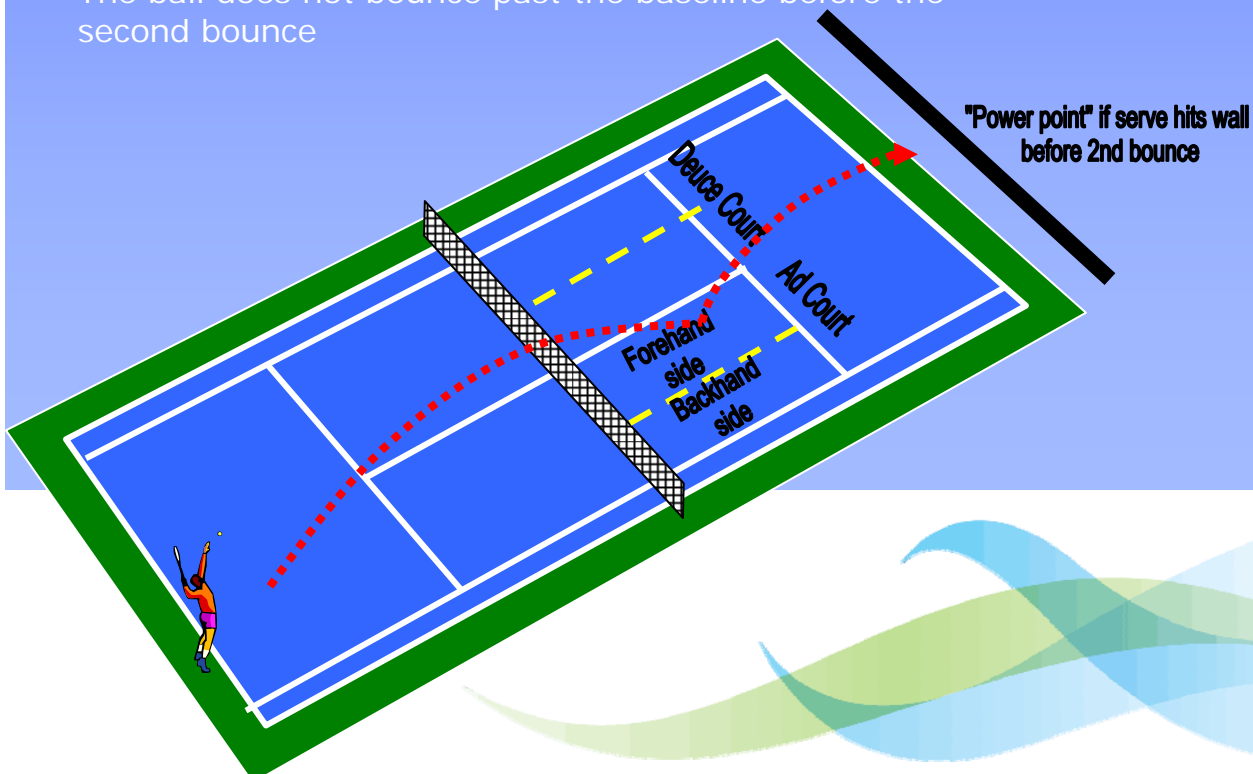
4.0 = 11+

3.5 = 8/20

3.0 = 6/20

2.5 = 4/20

2.0 = 2/20



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## NEUTRAL VOLLEY EVALUATION

### DIRECTIONS:

1. Rally volleys to groundstrokes on a singles court ½ width (see diagram)
2. One player starts at net, one at baseline
3. Volley player is located half way between net and service line
4. Groundstroker hits ball to volleyer at net to begin rally

### SCORING:

- Count how many times the net player hits a 'neutralizing' volley (one that doesn't allow the groundstroker to come in past the baseline)
- Volleyer gets 2 attempts to complete as many neutral volleys in a row as possible. The best score is recorded

### The rally does not get a score if:

- Net player does not hit a mix of forehands and backhand volleys
- The ball goes out
- The groundstroker volleys the ball
- The groundstroker is forced to come into the court in front of the baseline

### CRITERIA

4.0 = 6+

3.5 = 4

3.0 = 3

2.5 = 2

2.0 = 0-1

