

# TENNIS MASTERY



## RULES:

- Each task must be completed with both the mentor AND the mentee present
- Both the mentor and mentee must complete each task
- Each task must be signed off by the mentor upon completion



## Mastery Tasks:

Together, research official rules, techniques, and history of tennis, including major tournaments:

\_\_\_\_\_  
*Mentor Signature* *Date*

After researching the rules, the mentee must be able to explain to the mentor how to keep score:

\_\_\_\_\_  
*Mentor Signature* *Date*

Bounce the ball in the racket up and down at least 50 times:

\_\_\_\_\_  
*Mentor Signature* *Date*

Hit the ball over the net back and forth at least 10 consecutive times:

\_\_\_\_\_  
*Mentor Signature* *Date*

Make 10 serves in the correct service box:

\_\_\_\_\_  
*Mentor Signature* *Date*

Stand near the net and "volley" back and forth at least 20 consecutive times:

\_\_\_\_\_  
*Mentor Signature* *Date*

Rally cross-court for at least 10 minutes:

\_\_\_\_\_  
*Mentor Signature* *Date*

Rally for 15 consecutive forehand shots:

\_\_\_\_\_  
*Mentor Signature* *Date*

Rally for 15 consecutive backhand shots:

\_\_\_\_\_  
*Mentor Signature* *Date*

Rally "down the line" for 10 minutes:

\_\_\_\_\_  
*Mentor Signature* *Date*