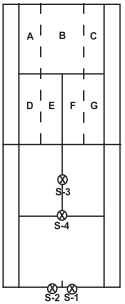
Passed SSV Date _____
SSV Score _____
Mobility Score _____

FCAC Level I Skills Test

Advanced Beginner
(For admittance to C-3A, C-4A) Circle appropriate class

1st Try	Who Tested	2nd Try	Who Tested	3rd Try	Who Tested
Date					

Tester Use Only
Date Passed _____
Tester _____



Student Name _____ **Age** _____

Address _____

Phone _____ **Present Class Assignment** _____

E-mail _____

FH = forehand V = volleys BH = backhand OH = overhead S = serve

	1st Try	2nd Try	3rd Try
1. SERVE – ***standing at S-1/S-2 perform with proper stance, standing balance (no step allowed) and follow through***			
a) Serve into area D&E, F&G, alternating while keeping score (regular score); must win game.	❐	❐	❐
2. RACQUET SKILLS			
Hit 100 "Downs" in a row.	❐	❐	❐
50 "Ups" in a row.	❐	❐	❐
30 in a row alternating side of racquet.	❐	❐	❐
3. GROUNDSTROKES – ***starting at S-1 or S-2, low to high, proper follow through motion, stepping forward with correct foot and shuffle back to S-1 or S-2.***			
a) At S-1 hit 6 of 10 FHs into singles court and shuffle back to S-1. ★	❐	❐	❐
b) At S-2 hit 6 of 10 BHs into singles court and shuffle back to S-2. ★	❐	❐	❐
c) starting at alley student must run down a ball feed close to opposite alley (singles court) and hit 3 out of 5 balls back into singles court using their FH. Student must then sprint back for next feed.	❐	❐	❐
d) same as "c" using backhands.	❐	❐	❐
e) At S-4 rally with tester (standing at opposite service line) hitting 10 in a row in side service boxes using FH and BH. (3 tries allowed)	❐	❐	❐
4. VOLLEYS – ***standing at S-3, block volleys with no follow through stepping forward with correct footwork***			
a) Hit 6 out of 10 FH volleys into singles court. ★	❐	❐	❐
b) Hit 6 out of 10 BH volleys into singles court. ★	❐	❐	❐
Balls will be fed by tester from the service line S-4.			
5. OVERHEADS – ***standing at S-3, starting with correct sideways stance perform follow through with balance on finish***			
a) Hit 6 out of 10 overheads into singles court. ★	❐	❐	❐
Lobs will be fed by tester from service line.			
6. TENNIS KNOWLEDGE – ***see additional hand-out*** **(student must pass each section with a score of 90% or higher).**			
b) Know parts of tennis court and all lines.	❐	❐	❐
c) Know parts of the tennis racquet.	❐	❐	❐

★ NOTE: Students will get 2 practice shots on each routine.