



ITN Format

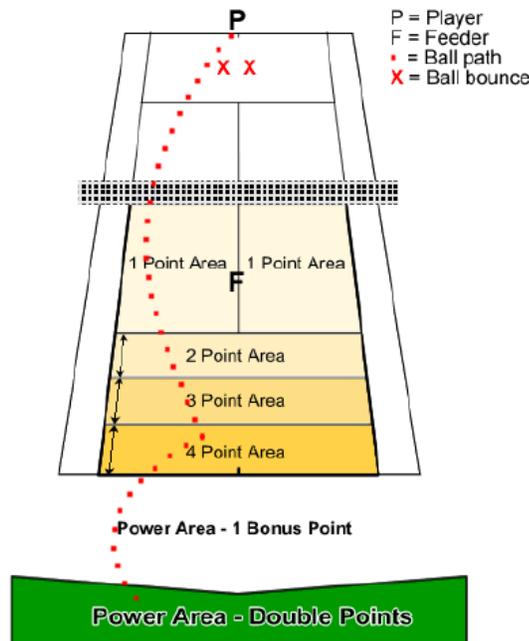
Assessment Procedure

When a group of athletes gets to the court assigned to them, the scorer will make sure that he/she has each of the athlete's forms and that he/she has matched each athlete to his or her form.

To keep things moving and to keep everyone engaged, all athletes will rotate through each test as it comes up. That is to say, all will do the ground-stroke depth test then all will do the volley depth test, etc. This will require the scorekeeper to be diligent and to make sure the appropriate sheet is being marked for the correct athlete.

Depth Tests – Ground-stroke Depth

The ground-stroke depth test consists of 10 balls, fed to the 's forehand and backhand alternatively. The points are calculated as per the diagram below. The first bounce of the ball determines the initial points of 0-4 depending on the target area hit. The second bounce of the ball gives the possibility for bonus points, either 1 extra point for behind the baseline, or double points for behind the Power Area line. Also, 1 consistency point is awarded for each shot that is not an error.



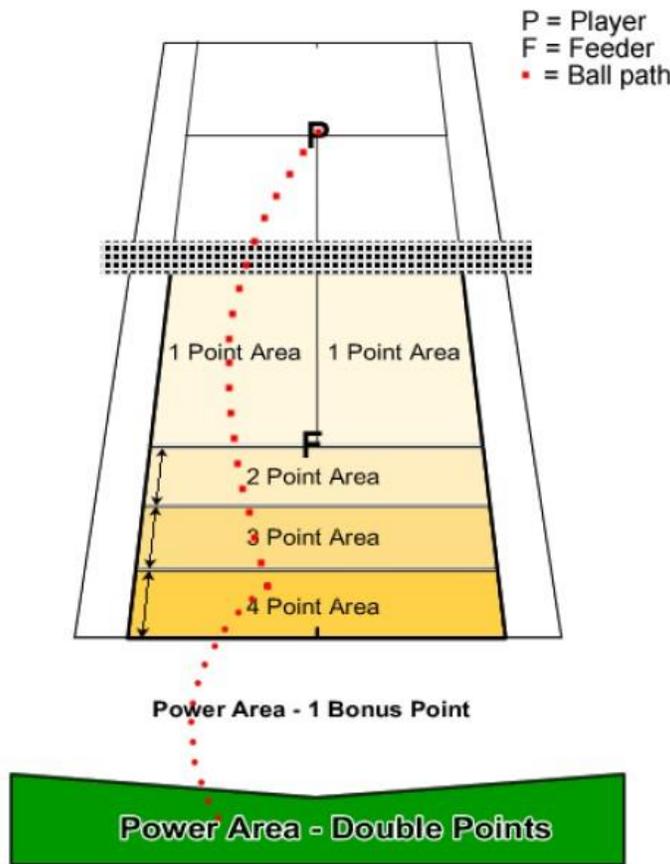
GS Depth		
Stroke	#	Score
Forehand	1	
Backhand	2	
Forehand	3	
Backhand	4	
Forehand	5	
Backhand	6	
Forehand	7	
Backhand	8	
Forehand	9	
Backhand	10	
Sub Total		
Consistency		
GS Depth Total		



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Depth Tests – Volley Depth

The volley depth test consists of 8 balls, fed directly to the 's forehand and backhand volleys on the service line. The Scoring system is exactly the same as the ground-stroke depth scoring system.



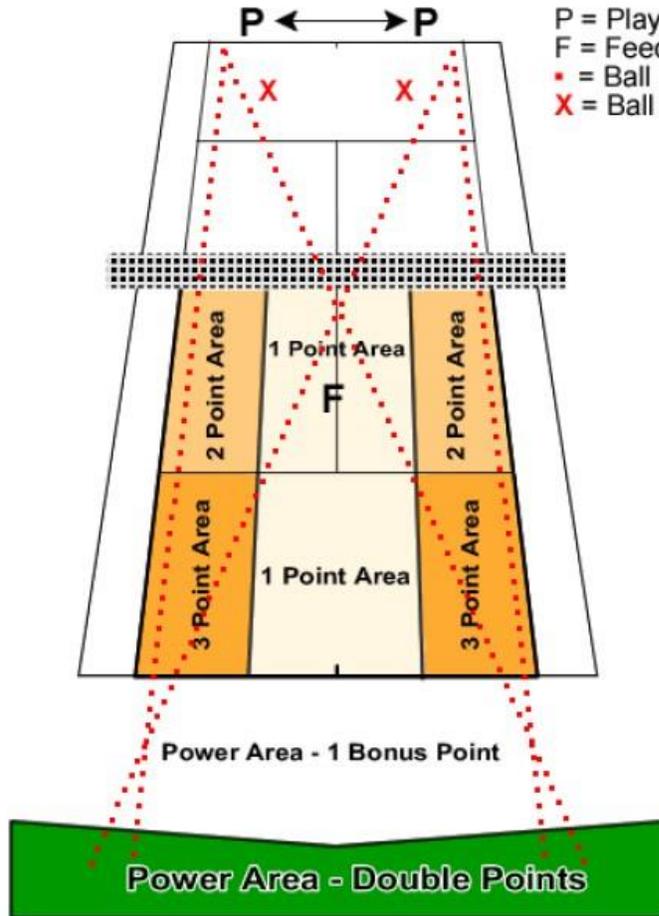
Volley Depth		
Stroke	#	Score
Forehand	1	
Backhand	2	
Forehand	3	
Backhand	4	
Forehand	5	
Backhand	6	
Forehand	7	
Backhand	8	
Sub Total		
Consistency		
Volley Depth Total		



**ITN
Accuracy Test**

The accuracy test consists of 12 ground-strokes targeted either cross court or down the line. The first bounce score areas are different to the Depth Test, however the second bounce and consistency rules are the same.

It is recommended to loop all s through down the line assessment and then loop them through cross court so as to avoid confusion and to make sure that every shot counts.



P = Player
F = Feeder
• = Ball path
X = Ball bounce

GS Accuracy		
Stroke	#	Score
Forehand DL	1	
Backhand DL	2	
Forehand DL	3	
Backhand DL	4	
Forehand DL	5	
Backhand DL	6	
Forehand CC	7	
Backhand CC	8	
Forehand CC	9	
Backhand CC	10	
Forehand CC	11	
Backhand CC	12	
Sub Total		
Consistency		
GS Accuracy Total		



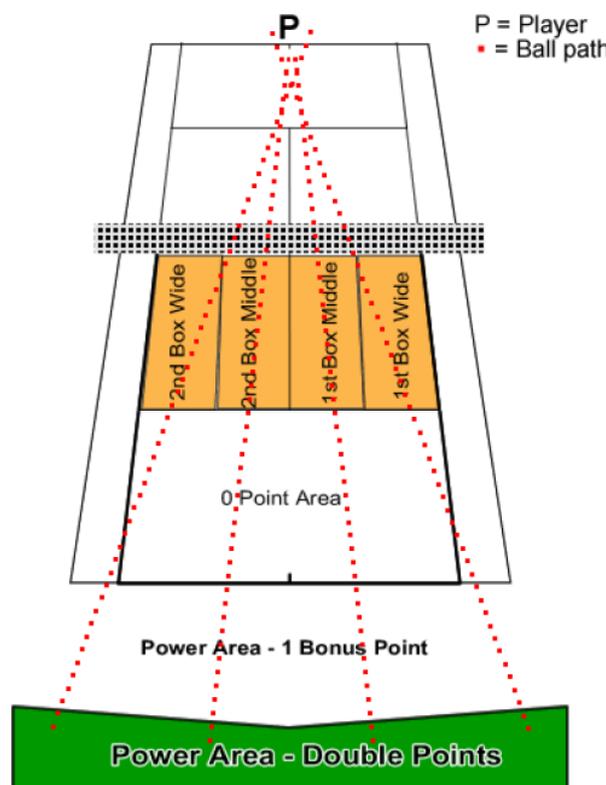
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Serve Test

For the serve test, the feeder should bring the basket of balls over to the players' side. It may be quickest to go through all players for each target. For example all players hit to the first target, then all players hit to the second target. This might ease confusion of the test and keep all players engaged.

For each attempt, the player gets a first and second serve, just like in a match. And like in a match, if the player hits the target on the first serve, a second serve is not required.

The scoring is illustrated below.



Serve		
Stroke	#	Score
1st Box Wide	1	
1st Box Wide	2	
1st Box Wide	3	
1st Box Middle	4	
1st Box Middle	5	
1st Box Middle	6	
2nd Box Middle	7	
2nd Box Middle	8	
2nd Box Middle	9	
2nd Box Wide	10	
2nd Box Wide	11	
2nd Box Wide	12	
Sub Total		
Consistency		
Serve Total		

First Serve

2 Points - When a ball lands in the correct service box area.

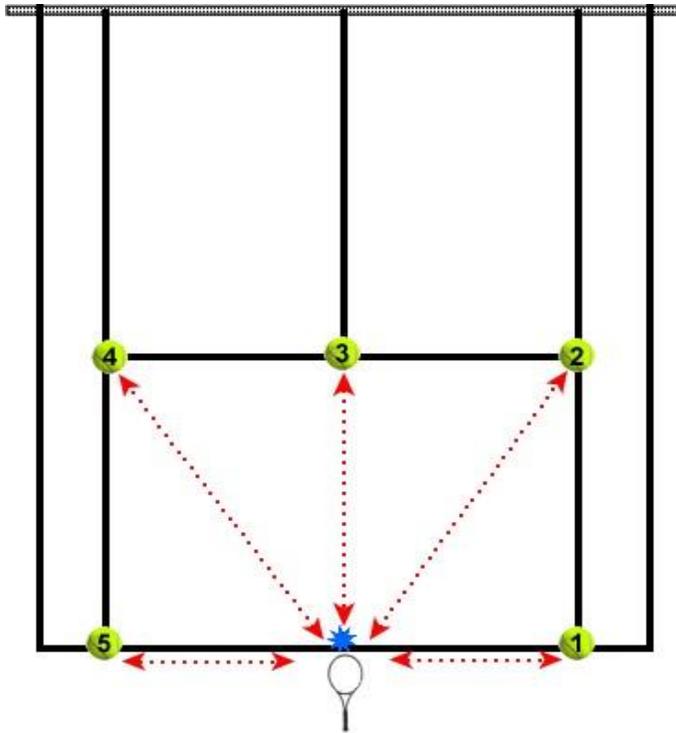
4 Points - When a ball lands in the target area of the correct service box.

Second Serve

1 Point - When a ball lands in the correct service box area.

2 Points - When a ball lands in the target area of the correct service box.

MOBILITY



Maximum Possible = 76 Points

The Mobility Assessment This assessment measures the time it takes a player to pick up five tennis balls and return them individually to a specified zone.

The score is recorded in seconds.

Points are awarded based on the time it takes to complete this task.

The faster a player completes the task the more points are awarded.

Procedure:

Place a tennis racquet with the head of the racquet just behind the centre mark in the middle of the baseline. The handle of the racquet is pointed towards the back fence as shown in the diagram.

Position 5 balls on the court as shown in the diagram.

Starting at the middle of the baseline, each ball has to be retrieved and placed on the strings of the racquet, one ball at a time in a counter clockwise direction, that means, **everyone has to start to grab the ball from the right side.**

The time will be recorded using a stopwatch after the command “Ready-set-go” is given.

As soon as the last ball is placed on the strings of the racquet, the time is stopped.

Points are awarded as follows:

The top row contain a table of time increments equaling 1 second intervals.

The bottom row represents the amount of points allocated for each time increment.

Mobility Table		Time	Score																							
T	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15
S	1	2	3	4	5	6	7	8	9	10	11	12	12	14	15	16	18	19	21	26	32	39	45	52	61	76

The faster the time, the more points are allocated. 22 SECONDS = 21 POINTS