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| **Component of Fitness (F)** |
| 1 | Maximal Strength |
| 2 | Coordination |
| 3 | Flexibility |
| 4 | Dynamic Strength |
| 5 | Muscular Endurance |
| 6 | Balance |
| 7 | Explosive Strength |
| 8 | Power |
| 9 | Speed |
| 10 | Cardiovascular Endurance |
| 11 | Agility |
| 12 | Reaction Time |
| 13 | Static Strength |

**Tennis**



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| **Skills (S)**  |
| 1 | Accuracy of service | 8 | Spin serve |
| 2 | Speed of service | 9 | Topspin  |
| 3 | Accuracy of ground strokes | 10 | Slice |
| 4 | Speed of ground strokes | 11 | Volley |
| 5 | Drop shot | 12 | Backhand |
| 6 | Lob | 13 | Footwork |
| 7 | Forehand | 14 | Recovery |



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| **Tactics (T)** |
| 1 | Ability to move your opponent around the court |
| 2 | Variation of shot |
| 3 | Attacking at the front of the court |
| 4 | Serve and volley |
| 5 | Positioning ready to receive |
| 6 | Variation of serve |
| 7 | Identifying and playing to opponents weakness |