

Tennis

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



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

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

