



AmPRO & IPRO Hitting & Set-Up Test

Name _____ Clinician _____

Location _____ Date ____ / ____ / ____

Clinician is encouraged to play against the student or to watch the student play for at least 5 minutes. Analyze the student's game and discuss in the on-court evaluation. Each level of certification requires a more efficient demonstration of the skill attempted. Those aspiring to achieve the pro level must demonstrate sound mechanics and precision on the shots and serves. In addition, the 'feeds' to the student must indicate strengths from different locations on the court and from the forehand and the backhand sides.

TERMS for consideration:

Angle	striking a minimum of one side wall with no specific order.
Back Court	area between the receiving line and the back wall.
Blast	a ball striking the front wall, then the back wall, without a bounce.
Direct	a straight in hit to the front wall and a straight back return.
Far Side	Side wall that a hitter is turned away from when striking a shot.
Feed	hitting to a student.
Front Court	area forward of the service line.
Mid Court	area between service line and 5 feet behind the receiving line.
Near Side	side wall that a hitter is facing when striking a shot.
Open	chest is facing the surface; for example: Open to the front wall.
Pinch	a side wall, front wall combination (in order).
Set Up	for a beginner, a ball which provides an opportunity for a return uncontested by a side wall or the back wall, with the opportunity to strike a high percentage offensive shot from waist height or lower.
Square	turned at a right angle (90 degrees) to the intended target.

PART 1 SHOTS & SERVES—Each exercise is worth a maximum of 3 points.

For each shot, stand at or behind the receiving line and either drop the ball once on the floor or take it out of the air. Students get four attempts to create three successful. Directions are for right handed players. On serves, the student may stand in any part of the service zone.

A.	forehand stroke—down the line pass	1	1	1
B.	backhand stroke—cross court pass	1	1	1
C.	forehand stroke—near side pinch	1	1	1
D.	backhand stroke—near side pinch	1	1	1
E.	forehand stroke—z shot with 3 rd wall at right side	1	1	1
F.	backhand stroke—down the line ceiling ball	1	1	1
G.	forehand stroke—cross court ceiling ball	1	1	1
H.	forehand stroke—reverse pinch	1	1	1
I.	forehand stroke—drive serve to left side	1	1	1
J.	forehand stroke—full/high lob to right side	1	1	1
K.	forehand stroke—offensive z serve to deep left	1	1	1
L.	forehand stroke—jam serve to left	1	1	1
M.	forehand stroke—nick lob to left	1	1	1
N.	backhand stroke—high z lob to left	1	1	1

Points Accumulated (Part 1) _____



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PART 2 WORKING WITH A STUDENT—Feed the student with the following Opportunities below: (Please take into account the safety issues involved, and assume the Student is an advanced beginner).

- A. a back wall set up to the forehand side. The ball must strike the front wall directly and carry to the back wall directly with an intermediate bounce. 2 2 2
- B. any angle set up to mid court—backhand side 2 2 2
- C. a direct feed to the forehand side in back court 2 2 2
- D. a direct feed to the backhand side at the short line 2 2 2
- E. any angle shot that rebounds off the back wall for a forehand set up. 2 2 2
- F. any angle set up to back court—forehand side 2 2 2

Points Accumulated (Part 2) _____

PART 3 SOLO SET-UP AND RESPONSES--you are alone on the court and are demonstrating a two part skill; the feed and the return shot. Both parts must be done correctly in order to receive credit.

- A. using either the forehand or backhand stroke, provide a direct set up off the back wall and return a backhand near side pinch 2 2 2
- B. using the forehand stroke, hit a shallow ceiling ball and return a down the line forehand shot 2 2 2
- C. using either the forehand or backhand stroke, provide an angle set up to the mid court area, and return a backhand cross court pass 2 2 2
- D. stand within 5 feet of the back wall on the left side of the court. Strike a backhand cross court ceiling ball which travels to the same latitude (within 5 ft. from back wall); then strike a forehand overhead cross court smash shot. 2 2 2

Points Accumulated (Part 3) _____

Total points scored on test _____ % _____

Instructor/Clinician comments _____

