# NYU Shanghai Sports Team Tryouts
# - Co-ed Tennis Team
# Coach: Mr. ZHANG, Chaoqun

## 1. Evaluation Contents and Rating

### 1.1 Half-court Shuttle Run (10% of Score)

Place the racket behind the center mark of the baseline, with the racket head pointing toward the net. The position of the 5 balls is shown in Figure 1.

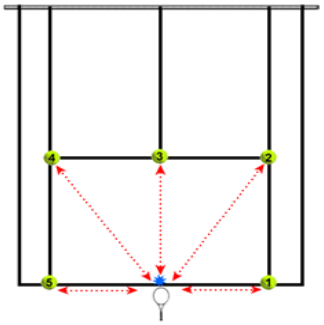



Figure 1

The players are required to retrieve 5 balls in an anti-clockwise direction from the center mark of the baseline, placing each ball on the racket surface. Tester will record the completion time of each player.

### 1.2 Forehand & Backhand Hitting from the Baseline (20% of Score)

The player gets ready at the center mark of the baseline. After the designated person hits the ball over the net to the player, the player should hit the ball with the forehand and backhand. Each player must hit the ball five times with the forehand and five times with the backhand.

### 1.3 Forehand & Backhand Volleys in front of Net & Smash in front of the Center Court (20% of Score)

The player gets ready at a distance of two meters from the net. After the designated person hits the ball over the net to the player, the player should hit a forehand volley, a backhand volley, and then a smash in front of the center court. Each for five times.

### 1.4 Service (20% of Score)

Each player serves five times on the deuce court and then serves five times on the advantage court. If the first service fails, the server can try one more time, for the server has two attempts to make a good service. The second service can also earn a score.

A high score will be expected based on correct grip, coordination of the upper and lower limbs, good hitting point, rapid hitting speed, good stability, and good spin of the second serve. Otherwise, the score will be reduced.

### 1.5 Game Performance, Tactical Awareness, and Individual Characteristics (30% of Score)

Players of equal levels will take singles. The 10-point tiebreaker will be applied to this game. Rational skills and tactics, great adaptability, aggressive movement, and attack are required conditions for a high score.

## 2. Tryout Agenda

2.1 Half-court Shuttle Run
2.2 Forehand & Backhand Hitting from the Baseline
2.3 Forehand & Backhand Volleys in front of Net & Smash in front of the Center Court
2.4 Service Test
2.5 Test Match - Singles

## 3. Scoring Criteria

### 1.1 Half-court Shuttle Run (10% of Score)

| Score | Men (sec) | Women (sec) |
|---|---|---|
| 10.0 | 15”0 | 16”0 |
| 9.7 | 15”5 | 16”0 |
| 9.4 | 16”0 | 17”0 |
| 9.1 | 16”5 | 17”5 |
| 8.8 | 17”0 | 18”0 |
| 8.5 | 17”5 | 18”5 |
| 8.2 | 18”0 | 19”0 |
| 7.9 | 18”5 | 19”5 |
| 7.6 | 19”0 | 20”0 |
| 7.3 | 19”5 | 20”5 |
| 7.0 | 20”0 | 21”0 |
| 6.7 | 20”5 | 21”5 |
| 6.4 | 21”0 | 22”0 |
| 6.1 | 21”5 | 22”5 |
| 5.8 | 22”0 | 23”0 |
| 5.5 | 22”5 | 23”5 |
| 5.2 | 23”0 | 24”0 |
| 2.0 | Over 23”0 | Over 24”0 |

### 1.2 Forehand & Backhand Hitting from the Baseline (20% of Score)

| Contents | Excellent | Good | Fair | Poor |
|---|---|---|---|---|
| **Skill Evaluation** | 1. Excellent coordinated movement, natural force release<br>2. Quick and stable footwork<br>3. Strong ball control | 1. Good coordinated movement, natural force release<br>2. Quick hitting speed, strong topspin<br>3. Good ball control | 1. Fair coordinated movement, natural force release<br>2. Fair hitting speed, basic topspin<br>3. Fair speed of footwork<br>4. Fair ball control | 1. Uncoordinated movement, unnatural force release<br>2. Slow hitting speed without topspin<br>3. Slow and unstable footwork<br>3. Poor ball control |

### 1.3 Forehand & Backhand Volleys in front of Net & Smash in front of the Center Court (20% of Score)

| Contents | Excellent | Good | Fair | Poor |
|---|---|---|---|---|
| **Skill Evaluation** | 1. Excellent coordinated movement, natural force release<br>2. Quick and stable footwork<br>3. Strong ball control | 1. Good coordinated movement, natural force release<br>2. Quick hitting speed, strong topspin<br>3. Good ball control | 1. Fair coordinated movement, natural force release<br>2. Fair hitting speed, basic topspin<br>3. Fair speed of footwork<br>4. Fair ball control | 1. Uncoordinated movement, unnatural force release<br>2. Slow hitting speed without topspin<br>3. Slow and unstable footwork<br>3. Poor ball control |

### 1.4 Service (20% of Score)

| Contents | Excellent | Good | Fair | Poor |
|---|---|---|---|---|
| **Service** | Powerful serving, high rate of hitting | Strong serving, good hitting rate | Fair serving power | Lack of power |

### 1.5 Game performance, tactical awareness, and individual characteristics (30% of Score)

| Contents | Excellent | Good | Fair | Poor |
|---|---|---|---|---|
| **Tactical Awareness of Service** | 1. Big serve and strong scoring ability<br>2. Strong continuous attack<br>3. Flexible variations in the landing point and spinning speed | 1. Good serve and scoring ability<br>2. Strong continuous attack<br>3. Good variations in the landing point and spinning speed | 1. Fair power of service<br>2. Hard to attack continuously after serving<br>3. No variation in the landing point and rotation speed of serve | 1. Powerless service<br>2. Often being passive after serving |
| **Receiving** | 1. High hitting rate in receiving<br>2. Strong attacking ability in second receiving | 1. Good hitting rate in receiving<br>2. Good attacking ability in second receiving | 1. Fair hitting rate in receiving<br>2. Fair attacking ability in second receiving | 1. Low hitting rate in receiving<br>2. Powerless attack |
| **Rally** | Strong awareness and ability to take the initiative in rally | Good awareness and ability to take the initiative in rally | Fair awareness and ability to take the initiative in rally | Poor awareness and ability to take the initiative in rally |
| **Transition Ability** | Strong ability to control the ball and make the proper transition between offense, defense and rally | Good ability to control the ball and make proper transition between offense, defense and rally | Fair ability to control the ball and make transition between offense, defense, and rally | Poor ability to control the ball and make the transition between offense, defense, and rally |
| **Individual Characteris-tics** | Distinctive and practical play style, comprehensive tactics application | Practical play style, good tactics application | Commonplace play style, fair tactics application | Commonplace play style lacking practicality |

## 4. Appendix (see next page)

**Fill out Section 1 and bring a hard copy to the tryout.**

| **NYU Shanghai Co-ed Tennis Team Tryout Scorecard**<br><br>**Gender:** Men / Women **Name:** **NetID:** **Class:** | |
|---|---|
| **Section 1 - Particulars (for players)** | |
| Height (cm) | |
| Weight (kg) | |
| Dominant Hand | |
| Participation in official singles/doubles matches before | **Yes / No** |
| **Section 2 - Scorecard (for coach)** | |
| Half-court Shuttle Run<br>10 | |
| Forehand & Backhand Hitting from the Baseline<br>20 | |
| Forehand & Backhand Volleys in front of Net & Smash in front of the Center Court<br>20 | |
| Serve<br>20 | |
| Game Performance, Tactical Awareness and Individual Characteristics<br>30 | |
| **Total Score** | |

P.S. Participants are recommended to bring personal rackets to the tryout. The tennis team roster size is 10-12 players, including female and male players.