

PADDLE TAP – 5 attempts

Athlete will have 5 attempts to bounce/tap the ball on the paddle consecutively

- 0 point** – swing and miss ball, 0 in a row
- 1 point** – hits 4 or less in a row
- 2 points** – hits 5-9 in a row
- 3 points** – hits 10-14 in a row
- 4 points** – hits 15+ in a row

SERVE – 5 attempts

Server must serve underhand to the best of their ability. Coach assisted serves are allowed. Only players in sport chairs are allowed to serve overhead. Emphasizing that a deeper serve is a better serve.

- 0 point** – serve and misses ball
- 1 point** – serve, makes any type of contact with the ball but the ball does not go over the net
- 2 points** – serve and ball goes anywhere over the net (even if wrong side of court, in the NVZ or OB)
- 3 points** – serve within correct opponents side and lands between kitchen & “deep serve zone” line of cones which is 8 ft from baseline
- 4 points** – serve within correct opponents side and lands within the “deep serve zone” line of cones which is 8 ft from baseline

RETURN OF SERVE – 5 attempts

A coach will serve balls to athletes in a manner that is not difficult. If a serve is too difficult for the athlete to return, another attempt will be allowed. This skill emphasizes that a deeper return is a better return.

- 0 point** – swing and misses ball
- 1 point** – makes any contact with the ball but the ball does not go over the net
- 2 points** – hits ball over the net and lands out of bounds
- 3 points** – hits ball over the net inbounds short of the “deep return zone” line of cones which is 8 ft from the baseline
- 4 points** – hits ball over the net and lands inbounds, within the “deep return zone” line of cones which is 8 ft from the baseline

VOLLEYS – 5 attempts

A coach will lightly hit or toss a ball from behind the NVZ line on the opposite side of the net from the athlete, in a manner that is not difficult for the athlete to return as a volley. If the coach’s toss or hit is too difficult for the athlete to return, another attempt will be allowed. All hits must be volleys out of the air.

- 0 point** – swing and misses ball
- 1 point** – makes contact with the ball out of the air but the ball does not go over the net
- 2 points** – makes contact with the ball out of the air and goes over the net and lands OB
- 3 points** – makes contact with the ball out of the air and goes over the net and land inbounds

GROUND STROKES – 5 attempts

A coach standing a few feet behind the NVZ line on the opposite side of the net from the athlete will hit balls to the athlete, who is standing at the baseline in a manner that is not difficult for the athlete. If a ball is too difficult for the athlete to return, another attempt will be allowed. Athletes can hit forehand or backhand.

- 0 point** – swing and misses ball
- 1 point** – makes contact with the ball but the ball does not go over the net
- 2 points** – makes contact with the ball and goes over the net and lands OB
- 3 points** – makes contact with the ball and goes over the net and land inbounds