

DO YOU KNOW HOW TO TEACH THE MODERN GAME?

- 1. In the previous era of traditional tennis, stroke technique can generally be described as:**
 - A. Angular
 - B. Diagonal
 - C. Linear
 - D. Rectangular

- 2. Which of the following terms most accurately describes modern stroke technique?**
 - A. Angular
 - B. Diagonal
 - C. Linear
 - D. Rectangular.

- 3. What is the most common grip used to hit the modern forehand?**
 - A. Continental
 - B. Eastern
 - C. Semiwestern
 - D. Western

- 4. The most common term used to explain the action of the outside leg when hitting an open-stance groundstroke is:**
 - A. Bracing
 - B. Loading
 - C. Lightening
 - D. Elevating

- 5. The most important element of hitting with pace is:**
 - A. Weight transfer
 - B. Racquet transfer
 - C. Longer carry at impact point
 - D. Shoulder rotation

- 6. While preparing for and hitting a groundstroke, the sequential movement of body parts from the ground all the way to the racquet head is called:**
 - A. Power progression
 - B. Rotation cycle
 - C. Kinetic chain
 - D. Bionic connection

- 7. What is the most recent shot added to the modern game?**
 - A. Loaded open-stance backhand
 - B. Braced forehand
 - C. Drag volley
 - D. Between-the-legs retrieval shot

- 8. What is the most significant change made to the volley?**
 - A. Hitting earlier
 - B. Hitting later
 - C. Swing volley
 - D. Snap volley

- 9. What is the most significant change made to the serve?**
 - A. Aim points
 - B. Stance
 - C. Rotation cycle
 - D. No real changes have been made

- 10. How have tactics been modified in modern tennis?**
 - A. More serve and volley
 - B. Heavier and longer rallies from baseline
 - C. Tendency toward more crosscourt approach shots
 - D. Increase in slice backhand as a predominant weapon

- 11. What changes have been made to the overhead?**
 - A. Use of crossover step while backing up
 - B. Greater tendency to let ball bounce and hit high forehand
 - C. Addition of scissor step
 - D. No real changes have been made

- 12. What changes have been made to the lob?**
 - A. More underspin and hang time
 - B. More depth
 - C. Greater tendency to use offensive topspin lob
 - D. More use of down-the-line lob

- 13. In the two handed backhand, the function of the dominant arm (the one used for all other shots) is:**
 - A. To add power to the shot
 - B. To guide the racquet face
 - C. To avoid hitting the ball late
 - D. It is nonfunctional

- 14. In the two handed backhand, the function of the nondominant arm (the one NOT used for all other shots) is:**
 - A. To add power to the shot
 - B. To guide the racquet face
 - C. To avoid hitting the ball late
 - D. It is nonfunctional

- 15. How is the modern transition shot different?**
 - A. There is a distinct split step before hitting the ball
 - B. It is hit from an open stance with continuous movement toward the net
 - C. It is hit in a square stance
 - D. It is predominantly hit crosscourt

- 16. For optimal recovery when hitting the modern forehand, a player's body weight should be:**
 - A. On the inside of the outer leg
 - B. On the outside of the outer leg
 - C. Distributed by stepping forward on the inside leg
 - D. Distributed by stepping across on the inside leg

