Bonnie Cuthbert

PE 117:

GPAI Assessment Log Entry #2

1. **What key ideas have I learned in the course so far?**

All the key skills and tactical elements of tennis have been introduced and practiced. Now I am learning to apply them in a real game situation to win a point.

- Before the ball is served, I must start in the base position behind the base line. I must not stand stationary because it will be more difficult to intercept the ball; I must split step as the ball is being served because a 'body in motion stays in motion'. Once I finished hitting the ball, I must immediately go back to base position behind the end line or move quickly to the net to get ready to volley the returning ball.
- If I run into a difficult situation I should hit the ball high (window #2 or #3) because it allows me to time to get in the correct position to successfully receive the ball - height for time.
- I must read my opponent's actions to anticipate where the ball will go and then move to my opponent's middle target area. I must adjust my body and correctly position myself so that I can hit the ball in the hitting zone. After the hit, I recover to the base position either at the net or behind the service line
- I have learned to hit the ball high/low (Window #1, #2, #3), short/deep, and side to side (different angles) to challenge my opponent and to hopefully mix up their routine and gain a point.
- I have almost got the hand of the Top Spin: hitting beneath, around, then over top of the ball. But I still need to work on the Under Spin (getting low and under the ball) and chopping the ball (snapping of the wrist).
- I have almost got the correct foot work in the volley - push off against the back foot and step forward with the foot opposite to the hitting side; remembering that the power comes from foot movement not from the swing of the racket

2. **What are my GPAI scores?**

In all I won 7 points and lost 13 points!!! For the Skill Execution category, I received 5 checks and 4 'X's; for the Base category, I received 9 checks and 2 'X's; for the Cover category, I received 9 checks and 3 'X's; for the Decision category, I received 5 checks and 1 'X'; and for the Adjust category, I received 3 checks and 1 'X'.

3. **What do the GPAI scores tell me about what I do well and what I could improve on to play the game of tennis (game performance)?**

According to my GPAI scores, my skills in the 'base', 'cover' and 'decision' categories are fairly good. Yet, I still need to work on my 'adjust' and 'skill execution'. My opponent, Ivy, has a very strong forehand, but according to my recorder, Eric, I still

"played well though." Eric believes that I have a good forehand but my backhand skills need work. During my backhands, I have a tendency to make contact with the ball too high which throws off the whole momentum of the shot and I step back rather than step forward after I hit the ball. I must practice adjusting my body so that I can hit the ball in the hitting zone; I can only do this if I get to the ball faster so I need to split step just as the ball is being hit or served. I must also remember to transfer my weight forward (not backward) as I step into the ball – this will also increase the power in my shot. I am very good at returning to the base line after I hit a shot but I am still reluctant, in a game situation, to go the net and volley the returning ball. My serves have greatly improved since the beginning of the semester; I have good consistency but I still need to work on my accuracy. I must also continue to read my opponent's strengths and weaknesses and change my strategic maneuvers accordingly. Ivy has a very strong forehand but her backhand is weak. I must aim for Ivy's backhand during my serve and my return thereby taking away her most powerful weapon: her forehand. By doing so, I am taking away her attack strategy and forcing her on the defense. But when I am on the defense, I must move back (further from the base line) and split-step as she hits the ball because this will give me more time to react to her 'killer' forehand. I should also hit the ball up to Window #2 or #3 because it will give me more time to prepare and get in a good position but it will also disrupt her low-ball consistency.

4. Based on what I am learning in the course, how could I practice to improve my game performance?

I think the best way for me to improve my game performance is to keep practicing in and outside class time; because practice makes perfect! I must think about what I need to improve upon while I am playing so I can correct myself as I play.
A good game that will help me time the weight transfer on my backhand is the Bounce-Hit Game. In the Bounce-Hit Game I must verbally say out loud when the ball bounces and when I hit it, this will force me not to come in and make contact with the ball too early or too high and it will re-reinforce the correct hitting zone.
I must concentrate on moving with the force and momentum of my shot and not to the back. In the recovery phase, I must continue the momentum of the shot by pushing off my front foot (ground-reaction force) forwards and moving towards the net, split stepping and getting ready for the volley. A drill that could help me improve moving forward is the Dink Tennis game. I would be the player with the racket starting behind the service line and the other player would be on the opposite side of the net. My partner would throw the ball different lengths within my service court – I must work on staying forward when the ball is hit short.
To work on my serving accuracy I think it would be important for me to practice the "Laaa-Diii-Daaa" Serve Game in which I start at the service line and serve balls over the net trying to get it in the service box or hitting a target (that is placed on the other side of the court). If I serve the ball in the serving box or hit the target two times in a row, I make on bid step back towards the baseline. I continue this until I am at the base line serving consistently and accurately.