



STATION	Station 1 Footwork	Station 2 Control	Station 3 Service	Station 4 Spin	Station 5 Backhand	Station 6 Forehand
EQUIPMENT	<ul style="list-style-type: none"> • 2 barriers • 1 racket and ball per player • 1 stop watch 	<ul style="list-style-type: none"> • 1 racket and ball per player • 1 stopwatch 	<ul style="list-style-type: none"> • 1 racket and ball per player • 3 A4 sheets 	<ul style="list-style-type: none"> • 1 racket and ball per player • Cones, tape or barriers 	<ul style="list-style-type: none"> • 1 racket per player • 1 ball per pair • 1 table - half per pair 	<ul style="list-style-type: none"> • 1 racket per player • 1 ball per pair • 1 table
TEST PROCEDURE	<ul style="list-style-type: none"> • Barriers 4m apart • Player has to touch barrier with free hand to complete a shuttle • 45 seconds allocated 	<ul style="list-style-type: none"> • Form pairs • 1 player attempts activity and partner keeps count • Alternate roles • 45 seconds allocated 	<ul style="list-style-type: none"> • 3 A4 sheets diagonal on table • Ball must bounce on sheet with first bounce • 10 attempts 	<ul style="list-style-type: none"> • Player select Part 1 or 2 for assessment. • 10 attempts 	<ul style="list-style-type: none"> • Pairs perform backhand rally • Pairs keep count of rallies • If pair make a mistake, restart count from 0 • Longest rally is final score submitted to assessor 	<ul style="list-style-type: none"> • Pairs perform Forehand rally • Pairs keep count of rallies • If pair make a mistake, restart count from 0 • Longest rally is final score submitted to assessor