

# Pre Requirements



## **PRE NINJA**

- 0 Experience

## **FOREHAND NINJA**

- Can balance a ball on their racquet
- Can bounce the ball up in the air
- Can bounce the ball to the ground
- Can knock a cone over
- Can catch a ball in a cone

## **BACKHAND NINJA**

- All the requirement for Forehand Ninja
- Can hit five Forehands in a row
- Can aim/hit Forehands towards a target

## **VOLLEY NINJA**

- All the requirements for Forehand Ninja
- All the requirements for Backhand Ninja
- Can hit five backhands in a row
- Can aim/hit backhands towards a target

## **LOBS NINJA**

- All the requirements for Forehand Ninja
- All the requirements for Backhand Ninja
- All the requirements for Volley Ninja
- Can hit five Volley in a row
- Can aim/hit Volley towards a target

## **SERVE NINJA**

- All the requirements for Forehand Ninja
- All the requirements for Backhand Ninja
- All the requirements for Volley Ninja
- All the requirements for Lobs Ninja
- Can hit five Lobs in a row
- Can aim/hit Lobs towards a target
- Placement and Footwork
- All the requirements for Forehand Ninja
- All the requirements for Backhand Ninja
- All the requirements for Volley Ninja
- All the requirements for Lobs Ninja
- Can make most serves into a service