

Gold Award

Test	Pass Mark
1. Forehand Rally including Movement. Using sidestep- ping movement play 10 consecutive forehand topspin alternating diagonally and down the line to feeders forehand side. Forehand topspin feed with medium spin.	7 out of 10 3 Attempts
2. Sidespin Serve Backhand. Serve 10 balls using a back- hand sidespin serve	7 out of 10 3 Attempts
3. Short Forehand Serve. Serve 10 balls using forehand imparting backspin using a chop action.	7 out of 10 3 Attempts
4. Forehand Switch. Play a forehand topspin rally alter- nating diagonally and down the line. A rally of 10 con- secutive combinations is required.	7 out of 10 3 Attempts
5. Backhand Switch. Play a backhand topspin rally alter- nating diagonally and down the line. A rally of 10 con- secutive combinations is required.	7 out of 10 3 Attempts
6. Backhand Down the Line. Play a rally of 10 consecu- tive backhand drives down the line .	8 out of 10 3 Attempts
7. Forehand Down the Line. Play a rally of 10 consecutive forehand drives down the line	8 out of 10 3 Attempts
8. Round the Corner. Play a rally of 10 combinations of backhand and forehand drives from the backhand corner diagonally across the table	7 out of 10 3 Attempts
9. Forehand & Backhand Combinations. Play 10 consecu- tive combinations of forehand & Backhand Drives di- agonally across the table.	7 out of 10 3 Attempts