

2016 Summer Intensive Tennis Training Camp in Kaohsiung, Taiwan

Details Tasks in Tryouts (Tentative):

A) Basic Fitness Tasks:

1. Cardio Level Test 3 sets of 24 seconds working and 38 seconds rest
<http://www.youtube.com/watch?v=KPPDcC9J3Ko>

B) Skill Tasks

1. Rallying
2. Singles Match

C) Balance test

<https://www.youtube.com/watch?v=OQPUdZYkII8>

<https://www.youtube.com/watch?v=L8ZSSeDgzJo>