

Name: _____

5.0: Stroke of Energy

Explore: Record the times in the table below.

Distance: _____

Forehand Hit

	Hit 1	Hit 2	Hit 3	Hit 4	Hit 5
Partner A					
Partner B					

Evaluate: Record the times in the table below and compare to your findings in *Explore*.

Distance: _____

Forehand Hit

	Hit 1	Hit 2	Hit 3	Hit 4	Hit 5
Partner A					
Partner B					

Extend

Calculate Velocity

	Hit 1	Hit 2	Hit 3	Hit 4	Hit 5
Partner A					
Partner B					

Name:

Which hit were you able to hit with more velocity and why?