



Skill Level Definition

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| <p>Level 3.0</p> | <ul style="list-style-type: none"> ✓ Forehand: Ability to hit medium paced shots. Lacks directional intent and consistency ✓ Backhand: Avoids using backhand. Lacks directional intent and consistency ✓ Serve/Return: Lacks depth, direction and consistency. Does not get serves/returns to mid court or deeper ✓ Dink: Not able to consistently sustain a dink rally. Not yet developed the ability to control this shot ✓ 3rd Shot: Not consistent with little direction ✓ Volley: Able to hit a medium paced shot. Lacks direction/inconsistent ✓ Strategy: Understands fundamentals. Is learning proper court positioning |
| <p>Level 3.5</p> | <ul style="list-style-type: none"> ✓ Forehand: Improved stroke development with moderate level of shot control ✓ Backhand: Learning stroke form and starting to develop consistency, but will avoid if possible ✓ Serve/Return: Consistently gets serves/return in to mid court or deeper ✓ Dink: Increased consistency, with limited ability to control height/depth. ✓ 3rd Shot: Developing but still inconsistent 3rd shot drop ✓ Volley: Is able to volley medium paced shots with control ✓ Strategy: Moves quickly to the non-volley zone. Acknowledges differences between the hard & soft game. Can sustain short rallies. Is learning proper court positioning. Basic knowledge of stacking |
| <p>Level 4.0</p> | <ul style="list-style-type: none"> ✓ Forehand: Consistently hits with depth & control. Is still perfecting shot selection & timing ✓ Backhand: Has improved stroke mechanics & has moderate success at hitting backhands consistently ✓ Serve/Return: Places high majority of serves/return in to mid court or deeper ✓ Dink: Increased consistency, with moderate ability to control height/depth. May end dink rally too soon due to lack of patience. Is beginning to understand difference between attackable balls & those that are not ✓ 3rd Shot: Demonstrates consistent 3rd shot drops ✓ Volley: Able to volley a variety of shots at different speeds. Understands the block/reset volley ✓ Strategy: Aware of partner's position on the court is able to move as a team. Has a moderate number of unforced errors. Solid understanding of stacking. Identifies opponent's weaknesses. Beginning to seek out more competitive play |