



# IPTPA Skill Assessment

## 2.0 Players

### 2.0 Skill level

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- Knows the basic rules including two bounce rule, scoring and player position relative to scoring
- Demonstrates basic pendulum swing on the forehand & backhand side
- Demonstrates dinks down the line forehand & backhand
- Demonstrates dinks cross court forehand & backhand
- Demonstrates proper ready position
- Demonstrates punch volley
- Demonstrates proper sideways turn, arm positioning and backward movement for overhead
- Demonstrates an overhead
- Knows where to stand as the serve team and the return team
- Demonstrates proper side step movement while being balanced
- Has good mobility and can move forward in a safe and balanced manner
- Developing eye-hand coordination
- Demonstrates a forehand ground stroke swing low to high and striking the ball off front foot
- Demonstrates a backhand ground stroke swing low to high and striking the ball off front foot
- Demonstrates a serve
- Demonstrates return of serve

### Skill Testing Requirement: Dinks

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- Forehand down the line 4/10
- Forehand cross court 4/10
- Backhand down the line 4/10
- Backhand cross court 4/10

### Skill Testing Requirement: Volleys

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- Forehand Punch Volley 4/10
- Backhand Punch Volley 4/10

### Skill Testing Requirement: Serves

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- Right side of the Court 4/10
- Left side of the Court 4/10

### Skill Testing Requirement: Return of serves

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- Right side of the Court 4/10
- Left side of the Court 4/10

Ghost Doubles – 3 games to 11 – Rally Scoring