

CHECK ALL boxes that represent your achieved skills.						
<b>Beginner and Novice players</b> may have some of the skills listed under Early Intermediate yet lack consistency and control. Some skills may be still developing.						
Level Skill	Early Intermediate	Intermediate/Advanced Intermediate (all previous skills plus)	Advanced (all previous skills plus)			
Game Rules and Strategy based on Rules	<ul> <li>Understands basic rules of the game.</li> <li>Knows how to score and consistently calls the score before serving.</li> <li>Confidently calls balls in and out.</li> <li>Knows where to stand to serve and receive serve.</li> </ul>	<ul> <li>Good knowledge of the rules of the game.</li> <li>Uses rules to shape the style of play.</li> <li>Can implement strategic court positions and shot selection.</li> </ul>	<ul> <li>Uses rules of the game to gain advantage over opponents.</li> <li>Able to poach and stack.</li> </ul>			
Ready Position	<ul> <li>Consistently hold paddle up in correct ready position.</li> <li>Correct foot &amp; body placement to strike ball.</li> <li>Demonstrate a degree of mobility, quickness and hand eye coordination.</li> </ul>	Able to move from ready position appropriately to receive opponent's shots, and recover to an appropriate position based on shot.	<ul> <li>Anticipates opponents 'next' shot and prepares. (i.e. moves accordingly)</li> </ul>			
Court Movement	Moves to NVZ line.	<ul> <li>Is aware of court position in relation to partner's position.</li> <li>Good agility and moves in sync with partner.</li> </ul>	<ul> <li>Consistently and quickly moves to NVZ line.</li> <li>Can move quickly around the court as play requires.</li> <li>Plays effectively with different partners.</li> </ul>			



## MPC Self-Evaluation Skills Matrix

NAME:\_\_\_\_\_

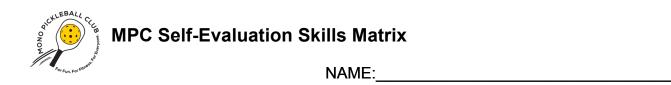
Level Skill	Early Intermediate	Intermediate/Advanced Intermediate (all previous skills plus)	Advanced (all previous skills plus)
Serve	<ul> <li>Experiments with best technique.</li> <li>Usually serves ball deep into correct court.</li> </ul>	<ul> <li>Serves ball consistently deep into correct court.</li> <li>Able to place serve.</li> </ul>	<ul> <li>Places serve deep into opponent's court.</li> <li>Uses a variety of serves, spins, speeds.</li> </ul>
Serve Return	Attempts to return serve deep into opponent's court.	<ul> <li>Consistently returns serve deep into opponent's court.</li> <li>Attempts to place return of serve to opponent's side of the court.</li> <li>Uses deeper and higher return of serve to allow time to approach NVZ.</li> </ul>	<ul> <li>Places service return deep to opponent's court to create an advantage.</li> <li>Occasionally drives an unreturnable serve return.</li> </ul>
Shot Selection	<ul> <li>Understands the difference between hard and soft shots.</li> <li>Attempts soft shots and dink shots during play.</li> <li>Attempts to deliver unattackable balls.</li> <li>Demonstrates controlled groundstrokes.</li> </ul>	<ul> <li>Uses drop shots during play.</li> <li>Able to place groundstrokes.</li> <li>Delivers unattackable balls.</li> <li>Able to reset faster paced balls.</li> <li>Demonstrates a variety of shots.</li> </ul>	<ul> <li>Able to employ a variety of shots in various situations.</li> <li>Able to adjust shot selection based on opponent's court position.</li> <li>Dinks with purpose and patience.</li> <li>Strategically returns ball.</li> <li>Keeps ball in play.</li> <li>Able to anticipate opponent's next shot and moves into position to return.</li> </ul>



## MPC Self-Evaluation Skills Matrix

NAME:\_\_\_\_\_

Level	Early Intermediate	Intermediate/Advanced Intermediate	Advanced (all previous skills plus)
Ground Strokes and Drive Shot	<ul> <li>Able to move from ready position to make a forehand or backhand shot.</li> <li>Able to move to execute a groundstroke.</li> </ul>	Demonstrate consistent & controlled groundstrokes varying placement, direction, depth for forehand and backhand.	<ul> <li>Uses varying speeds &amp; shot placement according to opponent's position on the court.</li> <li>Consistently hits the ball with accuracy.</li> </ul>
Overhead Shots	<ul> <li>Able to perform an overhead shot with proper form.</li> <li>Hits overhead shot with control.</li> </ul>	Consistently hits overhead shots with control and direction.	<ul> <li>Consistently places overhead shots with power, placement and control.</li> </ul>
Dink Shot	Able to hit forehand and backhand dink shots when at a stationary position.	Maintains a sustained dink rally exchange at the NVZ line.	<ul> <li>Initiates and maintains a sustained dinking rally at the net.</li> </ul>
Drop Shot	<ul> <li>Attempts a slow paced drop shot during a rally.</li> <li>Can perform drop shots from mid-court.</li> </ul>	<ul> <li>Demonstrates a willingness to use a forehand or backhand drop shot from the back of the court.</li> <li>Successfully completes a drop shot from the back of the court during play.</li> </ul>	<ul> <li>Consistently completes unattackable forehand and backhand drop shots from anywhere on the court.</li> <li>Uses drop shot appropriately.</li> </ul>
Lob Shot	Beginning to understand the use of lobs.	Demonstrates ability to use a lob shot.	Consistently delivers unreturnable lob shots.
Punch Volley Drop Volley	Attempts punch or drop volley from behind the NVZ line.	<ul> <li>Quickly moves to NVZ line during play to be in position to make a punch volley or drop volley shot.</li> <li>Successfully completes punch volley &amp; drop volley shots from the NVZ line.</li> </ul>	<ul> <li>Consistently makes punch volley and drop volley when at NVZ line.</li> <li>Controls direction and speed of shot.</li> </ul>



Comments: