



MPC Self-Evaluation Skills Matrix

NAME: _____

CHECK ALL boxes that represent your achieved skills.			
Beginner and Novice players may have some of the skills listed under <i>Early Intermediate</i> 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 style="list-style-type: none"> <input type="checkbox"/> Understands basic rules of the game. <input type="checkbox"/> Knows how to score and consistently calls the score before serving. <input type="checkbox"/> Confidently calls balls in and out. <input type="checkbox"/> Knows where to stand to serve and receive serve. 	<ul style="list-style-type: none"> <input type="checkbox"/> Good knowledge of the rules of the game. <input type="checkbox"/> Uses rules to shape the style of play. <input type="checkbox"/> Can implement strategic court positions and shot selection. 	<ul style="list-style-type: none"> <input type="checkbox"/> Uses rules of the game to gain advantage over opponents. <input type="checkbox"/> Able to poach and stack.
Ready Position	<ul style="list-style-type: none"> <input type="checkbox"/> Consistently hold paddle up in correct ready position. <input type="checkbox"/> Correct foot & body placement to strike ball. <input type="checkbox"/> Demonstrate a degree of mobility, quickness and hand eye coordination. 	<ul style="list-style-type: none"> <input type="checkbox"/> Able to move from ready position appropriately to receive opponent's shots, and recover to an appropriate position based on shot. 	<ul style="list-style-type: none"> <input type="checkbox"/> Anticipates opponents 'next' shot and prepares. (i.e. moves accordingly)
Court Movement	<ul style="list-style-type: none"> <input type="checkbox"/> Moves to NVZ line. 	<ul style="list-style-type: none"> <input type="checkbox"/> Is aware of court position in relation to partner's position. <input type="checkbox"/> Good agility and moves in sync with partner. 	<ul style="list-style-type: none"> <input type="checkbox"/> Consistently and quickly moves to NVZ line. <input type="checkbox"/> Can move quickly around the court as play requires. <input type="checkbox"/> Plays effectively with different partners.

1 Players that cannot consistently demonstrate the skills in the *Early Intermediate* column are at the *Beginner/Novice* level. All categories should not be considered as weighted equally.



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Skill \ Level	Early Intermediate	Intermediate/Advanced Intermediate (all previous skills plus)	Advanced (all previous skills plus)
Serve	<ul style="list-style-type: none"> <input type="checkbox"/> Experiments with best technique. <input type="checkbox"/> Usually serves ball deep into correct court. 	<ul style="list-style-type: none"> <input type="checkbox"/> Serves ball consistently deep into correct court. <input type="checkbox"/> Able to place serve. 	<ul style="list-style-type: none"> <input type="checkbox"/> Places serve deep into opponent's court. <input type="checkbox"/> Uses a variety of serves, spins, speeds.
Serve Return	<ul style="list-style-type: none"> <input type="checkbox"/> Attempts to return serve deep into opponent's court. 	<ul style="list-style-type: none"> <input type="checkbox"/> Consistently returns serve deep into opponent's court. <input type="checkbox"/> Attempts to place return of serve to opponent's side of the court. <input type="checkbox"/> Uses deeper and higher return of serve to allow time to approach NVZ. 	<ul style="list-style-type: none"> <input type="checkbox"/> Places service return deep to opponent's court to create an advantage. <input type="checkbox"/> Occasionally drives an unreturnable serve return.
Shot Selection	<ul style="list-style-type: none"> <input type="checkbox"/> Understands the difference between hard and soft shots. <input type="checkbox"/> Attempts soft shots and dink shots during play. <input type="checkbox"/> Attempts to deliver unattackable balls. <input type="checkbox"/> Demonstrates controlled groundstrokes. 	<ul style="list-style-type: none"> <input type="checkbox"/> Uses drop shots during play. <input type="checkbox"/> Able to place groundstrokes. <input type="checkbox"/> Delivers unattackable balls. <input type="checkbox"/> Able to reset faster paced balls. <input type="checkbox"/> Demonstrates a variety of shots. 	<ul style="list-style-type: none"> <input type="checkbox"/> Able to employ a variety of shots in various situations. <input type="checkbox"/> Able to adjust shot selection based on opponent's court position. <input type="checkbox"/> Dinks with purpose and patience. <input type="checkbox"/> Strategically returns ball. <input type="checkbox"/> Keeps ball in play. <input type="checkbox"/> Able to anticipate opponent's next shot and moves into position to return.

2 Players that cannot consistently demonstrate the skills in the Early Intermediate column are at the Beginner/Novice level. All categories should not be considered as weighted equally.



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

3 Players that cannot consistently demonstrate the skills in the Early Intermediate column are at the Beginner/Novice level. All categories should not be considered as weighted equally.



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Comments:

*4 Players that cannot consistently demonstrate the skills in the Early Intermediate column are at the Beginner/Novice level.
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