

Self-Assessment Skills Checklist

Instructions: The following skills form the basis of the Skills Assessment. Members seeking to change their level of play to 2.5 and above are asked to analyze their readiness using the checklist below. Do this by checking the most appropriate box for each skill. NOTE: *During the assessment additional weighting will be given to "Shot Selection".* Players requesting an assessment are expected to demonstrate the majority of skills in the second and third columns.

	Descriptor	Personal Evaluation		
		1. Developing -some ability, < 50% consistency	2. Capable -approaching 70% consistency	3. Proficient -regularly and skillfully, 90% consistency
Fundamentals	A. Understands the rules of the game, including scoring and appropriate positioning.			
	B. Demonstrates dexterity, quickness and hand-eye coordination			
Serve	C. Serves deep into correct court and moves to position to receive 3 rd shot.			
Serve Return	D. Returns serve deep into correct court and moves to position to receive 4th shot.			
Shot Selection	E. Uses a variety of shots to maintain a rally including drives, drops, dinks & volleys			
Groundstroke Dink Volley (Punch & Reset)	F. Controls height, depth and angles of the ball			
Overhead Drop Shot	G. Plays ball strategically based on opposition players position			

Members will be notified off Evaluation dates through the website and newsletters.
Question? Clinics.MPC@gmail.com