

Skill Assessment for 3.0 Players

[Maintains slow-paced rallies of more than 4 balls with players of equal ability, developing techniques of basic shot strokes (forehand, backhand, volley, overhead, serve) beginning to get to the non-volley zone to hit volleys, knowledge of the rules, and better court coverage ~ 2.5]

Name: _____ Self-Rating: _____ Date: _____

Email: _____ Cell Phone: _____

To be filled out by the Rating Team:

3.0 Skill Level – Should Possess Most/All of These Skills

	YES	NO
Hits forehand groundstrokes with consistency		
Hits backhand groundstrokes with consistency		
Developing control on forehand groundstroke (placement, direction, depth)		
Developing control on backhand groundstroke (placement, direction, depth)		
Uses deeper and higher returns of serve to allow time to approach the net		
Striving to place the serves and returns deep into the court		
Getting 70% of serves in		
Developing placement of serves		
Approaches the non-volley line quickly rather than staying back		
Sustains a short volley session at the net		
Exhibits correct court positioning for doubles and how to “move as a team”		
Beginning to use the forehand lob with some success		
Developing more power in their shots and able to return a ball with power		
Developing a sustained “dink” exchange at the net		
Attempting to hit a “soft shot” as the serve team		
Able to adjust to differing ball speeds consistently		
Has Good Mobility *		
Has Good Quickness *		
Has Good Hand-Eye Coordination *		

Service Requirement – 9 out of 12		
	YES	NO
Service Good		
Service Foot-faults		

Volley Requirement – 7 out of 10		
	YES	NO
Backhand		
Forehand		
Non-Volley Line Foot-faults		
Non-Volley Zone Faults		

Service Return Requirement – 7 out 10		
	YES	NO
Good Forehand		
Good Backhand		

* - If a person cannot move quickly enough due to physical restrictions, then the rating will be reduced according to the physical limitations as related to playing the game.

Rater’s Sign: _____ Actual Skill Level: _____ Player’s Sign: _____