



Level 3.0 Club Rating Skill Level Assessment

Name: _____

Email: _____

Skills and Technique

Straight-On Dinking (staying close to line, ready position, consistency, using shoulder/legs, *keeping ball low/unattackable, balance)

Forehand: /10

Backhand: /10

Cross-court Dinking (staying close to line, ready position, consistency, using shoulder/legs, *keeping ball low/unattackable, balance)

Forehand: /10

Backhand: /10

Volleys (technique, keeping the ball low over the net, compact swing)

Forehand: /10

Backhand: /10

Mid-court Drops (movement to ball, consistency, shot control, groundstroke form, keeping ball low/unattackable)

Forehand: /10

Backhand: /10

Mid-court Resets (using legs/shoulder, low ready position, movement to ball, shot control, soft/low ball to allow time to advance to kitchen line)

Forehand/Backhand: /10

Third Shot Drops (form, consistency, placement, low/unattackable)

Forehand: /10

Backhand: /10

Serves: /10 (consistency, depth)

Returns: /10 (consistency, depth)

/130

Gameplay 3.0 Rating Assessment

3.0 Skills and Requirements To pass, players must have <5 “Needs Improvement” and must meet ~ 80% of 3.0 requirements	Needs Improvement	Approaching	Meets 3.0 Expectations
Possess a good understanding of the rules			
Demonstrates proper consistency and depth of serve			
Demonstrates proper consistency and depth of return			
Attempts 3 rd shot drops from the baseline			
Performs resets or drops from midcourt to advance to kitchen			
Demonstrates controlled forehand groundstrokes			
Beginning to demonstrate control on backhand groundstrokes			
Sustains short dinking rallies			
Sustains short volley exchanges			
Can perform an overhead or “smash” with minimal errors			
Approaches the NVZ* with proper timing			
Does not back up from NVZ* unnecessarily			
Attempts to control shot height, depth, speed appropriately			
Beginning to understand when to use soft vs hard shots			
Beginning to understand when to leave “out” balls			
Can attack on high/chest level balls			
Beginning to understand court positioning			
Keeps most balls in play			

***NVZ — Non Volley Zone aka. Kitchen**

Rater Feedback:

Rater: _____ **Date:** _____ **Outcome:** _____