



## Level 3.5 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, offensive vs defensive dinking)

**Forehand:** /10

**Backhand:** /10

**Volleys** (technique, keeping the ball low over the net, compact swing, control, power when necessary)

**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, power, spin)

**Returns:** /10 (consistency, depth, power, spin)

**/130**

Gameplay 3.5 Rating Assessment

3.5 Skills and Requirements	Needs Improvement	Approaching	Meets 3.5 Expectation
To pass, players must have <5 “Needs Improvement”			
To pass, players must meet ~80% of 3.5 requirements			
Possess a good understanding of the rules			
Demonstrates proper consistency and depth of serve			
Demonstrates proper consistency and depth of return			
Performs 3 <sup>rd</sup> shot drops from the baseline with intention			
Is beginning to demonstrate a controlled forehand drive			
Performs resets or drops from midcourt to advance to kitchen			
Demonstrates controlled forehand groundstrokes			
Demonstrate control on backhand groundstrokes			
Maintains dinking exchanges			
Can dink with strategic intention			
Beginning to apply pressure with the 4 <sup>th</sup> shot			
Sustains short volley exchanges			
Can perform an overhead or “smash” with minimal errors			
Is able to utilize an opponent’s error for offensive opportunity			
Approaches the NVZ* with proper timing			
Does not back up from NVZ* unnecessarily			
Attempts to control shot height, depth, speed appropriately			
Understands when to use soft vs hard shots			
Understands when to leave “out” balls			
Can attack on high/chest level balls			
Is starting to understand how to minimize unforced errors			
Understands proper court positioning			

\*NVZ — Non Volley Zone aka. Kitchen

Rater Feedback:

Rater: \_\_\_\_\_ Date: \_\_\_\_\_ Outcome: \_\_\_\_\_