

3.5 Level Characteristics

1. Improved stroke development with moderate level of shot control.
 - Forehand*
 - Backhand* Learning stroke form and starting to develop consistency but will avoid if possible. (*Running around backhand*)
2. Consistently gets serve in play with limited ability to control depth.
3. Consistently gets serve return in play with limited ability to control depth.
4. Increased consistency, with limited ability to control height/depth when dinking
 - Sustains medium length rallies while dinking
 - Understands variation of pace of dink shot
5. Developing the drop shot in a way to get to the net.
 - Moves quickly towards the non-volley zone (NVZ) when opportunity is there.
6. Is able to volley medium paced shots thereby developing control.
7. Acknowledges difference between hard game and soft game and is starting to vary own game during recreation and tournament play. Can sustain short rallies.
8. Is learning proper court positioning.
9. Basic knowledge of stacking and understands situations where it can be effective.
10. Has **GOOD MOBILITY / QUICKNESS / HAND-EYE COORDINATION**

Comparison chart created by Lisa C Duncan, Teaching Concepts, adapted from USAPA Skill Assessment Ratings

4.0 Skill Level

1. Consistently hits **FOREHAND** with **depth** and **control**
 - Consistently hits **BACKHAND** with depth and control
2. Consistently gets **SERVE** in with varying **depth** and **speed**
3. Consistently gets **RETURN OF SERVE** in with varying **depth** and **speed**
 - Consistent and dependable **OVERHEADS** (directional control, depth and placement)
 - Accurate** in placing **LOBS**
4. Able to *sustain DINK rally* with **control, height** and **depth** of shot
 - Understands which balls are attackable and those that are not in a dink rally**
 - SUSTAINS A DINK EXCHANGE** with patience at the net to elicit a *"put away" shot*
5. **Consistently executes 3RD SHOT DROP** from the baseline to approach the net
6. Able to **VOLLEY** a **variety of shots at varying speeds**
 - Able to **BLOCK** and return fast, hard volleys
7. Able to *change soft shots to power shots* to create an advantage
8. Able to **CONTROL (non-volley zone)** keeping their opponents back
 - Aware of **PARTNER'S POSITION** on the court and moves as a team
9. Solid understanding of **STACKING** and when and how it can be used effectively
 - Demonstrates ability to change position in an offensive manner **SWITCHING**
 - Demonstrates a broad knowledge of the **rules of the game**
 - Has a moderate number of **UNFORCED ERRORS** per game
 - Can identify opponents' weaknesses and formulate plan to attack weaknesses**
 - Plays **competitively** in tournaments
10. Has **GOOD MOBILITY / QUICKNESS / HAND-EYE COORDINATION**