

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 POSTION** 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**

4.5 Level Characteristics

1. **FOREHAND**
 - High level** of consistency
 - Uses **pace** to generate opponents' error or set up next shot.
- BACKHAND**
 - Can effectively **direct the ball with varying depth & paces with consistency.**
- 2 & 3. **SERVE/ RETURN OF SERVE:** *Serves with-*
 - Accuracy
 - Depth
 - Power
 - Able to vary **SPEED & SPIN** of the serve
4. **DINKING**
 - Highly successful & consistent at **changing shot types with offensive intent**
 - Discerns** between attackable & unattackable dinks
5. **DROP SHOT** (*Transition Shot*)
 - Executes shots that are **not-easily-returnable** for advantage by one's opponent.
 - Intentionally & consistently places the ball**
6. **VOLLEY**
 - Able to **BLOCK** hard volleys & can consistently drop them into the NVZ.
 - Comfortable hitting **SWINGING VOLLEYS**
 - Hits overheard shots consistently – often as put-aways.
- 7- 9. **TACTICS & STRATEGIES**
 - Can **adjust style of play** and develop a game plan according to the opponent's strengths & weaknesses, as well as their also court position.
 - Discerns between ATTACKABLE & NON-ATTACKABLE balls**
 - Plays with consistency with **FEW UNFORCED ERRORS.**
 - Communicates** & moves well with partner
10. **MOVEMENT**
 - Demonstrates proficiency in moving laterally, backwards and forward.
 - Able to **change direction with ease.**

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