

2.0 Player+

- Minimal understanding of the basic rules of the game i.e. 2 bounce rule
- Knows how to keep score
- Demonstrates a forehand
- Demonstrates a backhand
- Demonstrates a volley
- Accurately places serve into the correct square
- Knows where to stand when serving and returning serve
- Has good mobility *moving in a safe and balanced manner*
- Has good quickness *
- Has good hand-eye coordination *

2.5 Player

- Knows the basic rules of the game including the 2 bounce rule
- Able to hit a forehand with direction
- Able to hit a backhand with direction
- Accurately places serve into correct square focusing on direction
- Able to sustain a dink rally with players of equal ability
- Able to volley with some direction
- Understands the fundamentals of the game
- Understands proper court positioning
- Able to accurately keep score throughout the game
- Has good mobility *moving in a safe and balanced manner*
- Has good quickness *
- Has good hand-eye coordination *

3.0 Player – Should also possess all 2.5 level skills

- Able to hit a medium paced forehand with direction and consistency
- Able to hit a medium paced backhand with direction and consistency
- Able to hit a medium paced serve with depth, direction and consistency
- Able to consistently sustain a dink rally with control
- Able to hit a medium paced 3rd shot with direction
- Able to hit a medium paced volley with direction and consistency
- Understands the fundamentals of the game
- Understands proper court positioning
- Understands rules and can keep score Has good mobility / quickness / hand-eye coordination
- Has started playing in tournaments

3.5 Player – Should also possess all 3.0 level skills

- Able to use a forehand with moderate level of shot control
- Able to use a backhand with moderate level of shot control
- Consistently gets serve in
- Consistently gets return of serve in
- Able to place serves deep in the court
- Able to place return of serves deep into the court
- Able to dink and sustains medium length rallies
- Able to control height/depth of dink shot
- Understands variation of pace of dink shot
- Able to hit a 3rd shot drop to gain advantage to the net
- Able to volley with medium paced shots with control
- Sustains a short volley session at the net with placement and control
- Moves quickly to NVZ (non-volley zone) when opportunity is there
- Understands proper court position
- Understands difference b/w hard game and soft game and knows when to use it
- Basic knowledge of stacking and knows when to use it
- Able to sustain short rallies
- Has good mobility / quickness /hand-eye coordination

4.0 Players - Should also possess all 3.5 level skills

- Consistently hits forehand with depth and control
- Consistently hits backhand with depth and control
- Consistently gets serve in with varying depth and speed
- Consistently gets return of serve in with varying depth and speed
- Consistent and dependable overheads (directional control, depth and placement)
- Accurate in placing lobs
- 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
- Consistently executes 3 rd shot drop from the baseline to approach the net
- Able to change soft shots to power shots to create an advantage
- Able to volley a variety of shots at varying speeds
- Able to block and return fast, hard volleys
- Able to control NVZ (non-volley zone) keeping their opponents back
- Aware of partner’s position on the court and moves as a team
- 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 Has good mobility / quickness / hand-eye coordination

4.5 Skill Level – should ALSO possess all 4.0 Skills

- Consistently controls and places serves and return of serves
- Serves with power accuracy and depth and can vary speed and spin of serve
- Consistent and dependable forehand groundstroke using pace and depth to generate opponent's error to set up next shot
- Can effectively/consistently direct the ball with the backhand, varying depth and pace
- Ability to place dink with high success at changing shot types while playing both consistently and with offensive intent
- Recognizes and attempts to hit attackable dinks
- Consistently executes effective 3rd shot strategies that are not easily returned
- Able to intentionally and consistently place the 3rd shot drop
- Able to block hard volleys directed at them and consistently drop them in NVZ
- Comfortable hitting swinging volleys and hits overhead shots consistently as put-aways
- Poaches effectively
- Has effective lobs and creates coverage gaps and hits to these gaps consistently
- Has good footwork and moves laterally, forward and backward well
- Very comfortable playing at the NVZ Communicates and moves well with partner – easily “stacks” court positions
- Understands strategy and can adjust style of play and game plan according to the opponent's strengths and weaknesses and court position
- Limited number of unforced errors Has good mobility / quickness Has good hand-eye coordination

5.0 Skill Level – should ALSO possess all 4.5 Skills

- Has developed a very high level of variety, depth and pace of serves
- Serves with power accuracy and depth and can vary speed and spin of serve
- Has a high level of accuracy and dependable forehand groundstroke using pace and depth to generate opponent's error to set up next shot
- Has a high level of accuracy directing the ball with the backhand, varying depth and pace with control to set up offensive situations
- Has mastered the dink with shot placement and ability to move opponents
- Exhibits patience during rallies with ability to create opportunities to attack using dinks Increased ability to change the pace of dinks strategically
- Mastered the 3rd shot choices and strategies.
- Able to drop and drive ball from both the forehand and backhand side with high level consistency
- Able to intentionally and consistently place the 3rd shot drop
- Able to block hard volleys directed at them and consistently drop them in NVZ
- Places overheads with ease for winners
- Able to volley shots toward opponent's feet consistently
- Comfortable with swinging volley in both initiating and ability to attack back or neutralize return

- Efficient footwork and effective use of weight transfer for improved quickness on court
- Easily and quickly adjusts style of play and game plan according to the opponent's strengths and weaknesses and court position
- Rarely makes unforced errors
- Has good mobility / quickness / hand-eye coordination