



Level 4.0 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, intentional and aggressive)

Forehand: /10

Backhand: /10

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

Forehand: /10

Backhand: /10

Volleys (technique, keeping the ball low over the net, compact swing, control, power when necessary, adding spin to volleys, directing volleys strategically, effective punch/roll volley)

Forehand: /10

Punch Blocks/4th Shot Roll Volleys: /10

Backhand: /10

Third Shot Drive (form, consistency, placement, low/unattackable, adding spin)

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, ability to handle paced pressure)

Forehand/Backhand: /10

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

Forehand: /10

Backhand: /10

Serves: /10 (consistency, depth, power, spin, placement)

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

/140

Gameplay 4.0 Rating Assessment

4.0 Skills and Requirements To pass, players must have <5 “Needs Improvement” To pass, players must meet ~80% of 4.0 requirements ** = Highest Importance	Needs Improvement	Approaching	Meets 4.0 Expectation
Demonstrates consistency, depth, power of serve			
Demonstrates proper consistency and depth of return			
Performs 3 rd shot drops from the baseline			
Performs resets/drops from midcourt to advance to kitchen			
Demonstrates controlled forehand groundstrokes			
Demonstrate control on backhand groundstrokes			
Can dink aggressively in attempt to create an opponent error			
**Understands and utilizes dinking strategy and direction			
**Applies effective 4 th shot pressure (roll or punch volley)			
Sustains volley exchanges			
Volleys when appropriate and can control height, direction			
**Is able to attack or apply pressure to a high ball or dead dink			
Use of spin and ability to deal with spin			
Understands timing and positioning regarding the NVZ			
**Control shot height, depth, speed appropriately			
Demonstrates appropriate patience vs aggression at NVZ			
**Demonstrates proper court positioning			
**Understands when to reset and when to attack			
Leaves most “out” balls			
Can perform an overhead or “smash”			
**Has minimal unforced errors			
Demonstrates a controlled forehand drive			

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

Rater Feedback:

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