

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

This Self-Assessment sheet is meant to provide you with a guideline of expectations of play at your level and what the Evaluators will be looking for while watching you play. **BE HONEST WITH YOURSELF.** Can you demonstrate these skills?

It must be completed and turned into the Evaluation Director by the 1<sup>st</sup> Sunday of the month. Evaluations will be held the 3<sup>rd</sup> FULL week of the month.

3.0 Skill level should also possess all 2.5 skills. *(Check those that you feel confident you can perform)*

- \_\_\_ Attempting to consistently dink while changing directions from cross court to straight forehand and backhand.
- \_\_\_ Does not back up unnecessarily from NVZ
- \_\_\_ Uses punch volley to the back ½ of opponents' court.
- \_\_\_ Sustains a short volley exchange at the net.
- \_\_\_ Can perform 3<sup>rd</sup> shot drop from the transition area.
- \_\_\_ Uses 3<sup>rd</sup> shot drop from the baseline.
- \_\_\_ Moving forward as a team to approach NVZ for dinks and volleys.
- \_\_\_ Can perform an overhead with better control while maintaining proper position.
- \_\_\_ Has good mobility & quickness
- \_\_\_ Demonstrates improved control on forehand groundstrokes (direction, depth, height)
- \_\_\_ Better control on backhand groundstrokes
- \_\_\_ Keeps ball in play during short rallies.
- \_\_\_ Attempts offensive lobs during play.
- \_\_\_ Demonstrates placement & depth on serves.
- \_\_\_ Demonstrates placement & depth on return of serves.
- \_\_\_ Attempting to adjust to different ball speeds (serves, groundstrokes, volleys)

**SKILL TEST** *(This is what you will be tested on during the skill test)*

CAN YOU DO THIS? <i>(Checkmark)</i>	SHOT	SKILL
_____	• Forehand straight	Ball stays within NVZ zone w/i same 1/3 of court as feeder 7/10
_____	• Forehand cross court	7/10
_____	• Backhand straight	7/10
_____	• Backhand cross court	7/10
<b>3<sup>rd</sup> SHOT DROP FROM TRANSITION</b>		Middle of court
_____	• Forehand within same half of court as feeder	5/10
_____	• Backhand within same half of court as feeder	5/10
<b>3<sup>RD</sup> SHOT DROP FROM BASELINE</b>		Baseline
_____	• Forehand within same half of court as feeder	2/5
_____	• Backhand within same half of court as feeder	2/5



**PUNCH VOLLEYS**

Punch Volley: Balls must land in the back half of the opponents court when the feeder is simulating an opponent at the baseline.

- \_\_\_\_\_ • Forehand Punch Volley w/directional & depth 3/5
- \_\_\_\_\_ • Backhand Punch Volley with directional & depth control 3/5

**BLOCK VOLLEYS**

Block Volley: Balls must land at the feet of the feeder when he's standing at the NVZ simulating an opponent who is dinking (balls landing a foot behind the NVZ are given credit)

- \_\_\_\_\_ • Forehand Block Volley w/in 1 ft of the kitchen 3/5
- \_\_\_\_\_ • Backhand Block Volley w/in 1 ft of the kitchen 3/5

**OVERHEADS**

- \_\_\_\_\_ • Proper form 3/5

**LOBS FROM NVZ LINE**

- \_\_\_\_\_ • While dinking at NVZ 3/5

**SERVES**

- \_\_\_\_\_ • Right Court 3/5
- \_\_\_\_\_ • Left Court 3/5

**RETURN OF SERVICE**

- \_\_\_\_\_ • Right Court 3/5
- \_\_\_\_\_ • Left Court 3/5

Total available points 120 (Expected points = 72)

\_\_\_\_\_ GHOST DOUBLES against a 3.0 Challenger – 3 games to 11 – Rally Scoring