



# Skill Assessment

# 3.0 Players

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.

It must be completed and turned into your Evaluation Coordinator by the 1st Sunday of the month before the scheduled monthly evaluations the 3rd week of the month.

## 3.0 Skill level should also possess all 2.5 skills

- Attempting to consistently dink while changing directions from cross court to down the line forehand & backhand
- Does not back up unnecessarily from NVZ
- Punches volley to the back ½ of opponent court
- Sustains a short volley exchange at the net
- Can perform 3rd shot drop by long dinking from the transition area
- Using 3rd shot drop during match play on the short court
- Moving forward as a team to approach NVZ for dinks & 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 Testing Requirement: Dinks

- Can you:
- \_\_\_\_\_ Forehand down the line 7/10
- \_\_\_\_\_ Forehand cross court 7/10
- \_\_\_\_\_ Backhand down the line 7/10
- \_\_\_\_\_ Backhand cross court 7/10
- One ball being used for a twenty shot rally moving through FH and BH of kitchen twice through

## Skill Testing Requirement: 3rd shot drop from transition area (middle of the court)

- \_\_\_\_\_ Forehand 5/10
- \_\_\_\_\_ Backhand 5/10

## Skill Testing Requirement: 3rd shot drop from baseline

- \_\_\_\_\_ Forehand 2/5
- \_\_\_\_\_ Backhand 2/5

**Skill Testing Requirement: Volleys**

- \_\_\_\_\_ Forehand Punch Volley with FORCE directional & depth control 6/10
- \_\_\_\_\_ Backhand Punch Volley with FORCE directional & depth control 6/10
- Balls must land in the back half of the the opponents court when the feeder is simulating an opponent at the baseline. 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)

**Skill Testing Requirement: Serves (Ball lands in the back third of opponents court)**

- \_\_\_\_\_ Deuce Court 3/5
- \_\_\_\_\_ Ad Court 3/5

**Skill Testing Requirement: Return of serves (Ball lands in the back third of opponents court)**

- \_\_\_\_\_ Deuce Court 3/5
- \_\_\_\_\_ Ad Court 3/5

**Skill Testing Requirement: Overhead**

- \_\_\_\_\_ Overhead 3/5

**Skill Testing Requirement: Offensive lobs from NVZ line**

- \_\_\_\_\_ Offensive lobs 3/5

Ghost Doubles – 3 games to 11 – Rally Scoring