



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.

4.0 Skill level should also possess all 3.5 skills

- Sustains a volley exchange at the net and beginning to use directional control
- Can demonstrate a block / reset volley
- Able to hit winning volley when a ball is popped up
- Better consistency when performing 3rd shot drop from the baseline
- Can hit 3rd shot drop from baseline during match play with greater success
- Moves effectively with partner, easily switching sides, and communicates when required
- Controls play at the NVZ line, by keeping their opponent back if they're at the baseline
- Dink with a purpose to elicit a put away shot
- Can demonstrate an effective poach, and understands when it's appropriate
- Able to change a fast paced strategy to a slow one and vice versa
- Can consistently perform an overhead and beginning to place the shot for winners
- Demonstrates control on forehand groundstrokes (direction, depth, height, spin)
- Demonstrates control on backhand groundstrokes (direction, depth, height)
- Understands proper shot selection to minimize errors
- Able to adjust to differing ball speeds consistently
- Uses offensive lobs effectively
- Beginning to use spin effectively on a variety of shots
- Maintains greater patience in dinks & rallies
- Beginning to anticipate shots more frequently (watching opponents paddle face)

Skill Testing Requirement: Dinks

- Can you:
 - _____ 16 out of 20 windshield wiper dinks
 - One ball being used for a twenty shot rally moving through FH and BH of kitchen twice through
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Skill Testing Requirement: 3rd shot drop from transition area (middle of the court)

- _____ Forehand down the line 4/5
- _____ Forehand cross court 4/5
- _____ Backhand down the line 4/5
- _____ Backhand cross court 4/5

Skill Testing Requirement: 3rd shot drop from baseline

- _____ Forehand 7/10
- _____ Backhand 7/10

Skill Testing Requirement: Volleys (Ball lands in the directed area)

- _____ Forehand Punch Volley with FORCE, directional & depth control 4/5
- _____ Backhand Punch Volley with FORCE, directional & depth control 4/5
- _____ Forehand Block/RESET Volley 3/5
- _____ Backhand Block/RESET Volley 3/5

Skill Testing Requirement: Overheads

- _____ Overheads 4/5

Skill Testing Requirement: Offensive lobs from NVZ line

- _____ Offensive lobs 4/5

Ghost Doubles – 3 Games to 11 – Rally Scoring