

Adult levels

Level 1

You have limited experience and are working primarily on getting the ball in play. You lack court experience and your strokes need developing.

Level 2

You are learning to judge where the ball is going, You can sustain a short rally of slow pace with other players of the same ability

Level 3

You are fairly consistent when hitting medium-paced shots, but are not comfortable with all strokes You have achieved improved stroke directional control on medium pace, but need to develop depth and variety. *key point here is direction and control

Level 4

You can hit first serve with power, you need to work on a better second serve, You have developed your use of power and spin and can handle pace. You can control depth of shots, You can use lobs, overheads approach shots

Level 5

You can hit first serves with power and accuracy and place the second serve, you also have develop your net play, You have good shot anticipation, You can regularly hit winners or force errors off of short balls and can put away volleys. You can successfully execute lobs, drop shots, half volleys, overhead smashes,

Level 6

You have good depth and spin on most second serves you have basic knowledge on slice spin and flat serves You have mastered power and/or consistency as a major weapon, You can vary strategies and styles of play in a competitive situation.

Level 7

You have had intensive training for national tournament competition at the junior and collegiate levels and have obtained a sectional and/or national ranking