



Skill Assessment for 4.0 Players

Name: _____ Self-Rating: _____ Date: _____
 Email: _____ Cell Phone: _____ #Games Observed: _____
 Weather Conditions: _____

To be filled out by the Rating Team:

4.0 Skill Level – should ALSO possess all 3.5 Skills

	0	1	2	3
Consistently hits forehand with depth and control				
Consistently hits backhand with depth and control				
Consistently gets serve in with varying depth and speed				
Consistently gets return of serve in with varying depth and speed				
Consistent and dependable overheads (directional control, depth and placement)				
Accurate in placing lobs				
Able to sustain dink rally with control, height and depth of shot				
Understands which balls are attackable and those that are not in a dink rally				
Sustains a dink exchange with patience at the net to elicit a “put away” shot				
Consistently executes 3rd shot drop from the baseline to approach the net				
Able to change soft shots to power shots to create an advantage				
Able to volley a variety of shots at varying speeds				
Able to block and return fast, hard volleys				
Able to control NVZ (non-volley zone) keeping their opponents back				
Aware of partners position on the court and moves as a team				
Solid understanding of stacking and when and how it can be used effectively				
Demonstrates ability to change position in an offensive manner (switching)				
Demonstrates a broad knowledge of the rules of the game				
Has a moderate number of unforced errors per game				
Can identify opponents’ weaknesses and formulate plan to attack weaknesses				
Plays competitively in tournaments				
Has good mobility / quickness / hand-eye coordination				

Server Requirement – 9 out of 10 (90%)		
	YES	NO
Service Good		
Service Foot Fault		

Volley Requirement – 9 out of 10 (90%)		
	YES	NO
Good Forehand		
Good Backhand		
Non-Volley Zone foot faults		

Server Return Requirement – 9 out of 10 (90%)		
	YES	NO
Good Forehand		
Good Backhand		

*- If a person cannot move quickly enough due to physical restrictions, then the rating will be reduced according to the physical limitations as related to playing the game.

Rater’s Sign: _____ Actual Skill Level: _____ Player’s Sign: _____

Ledger: 0 = Not observed or not able to execute, 1 = attempted but very poorly executed/needs work, 2 = good basic form, but needs work, 3 = solid, consistent performance