

Skill Assessment for 3.0 Players

Name: _____ Self-Rating: _____ Date: _____

Email: _____ Cell: _____ # Games observed: _____

Weather Conditions: _____

3.0 Skill Level – should ALSO possess most/all 2.5 skills

	0	1	2	3
Demonstrates control on forehand groundstrokes (direction, depth, height)				
Demonstrates control on backhand groundstrokes (direction, depth, height)				
Placing serve deep into the court				
Demonstrates placement of serves				
Uses deeper/higher returns of serve to allow time to approach the net				
Approaches the non-volley line quickly rather than staying back				
Sustains a short volley session at the net				
Exhibits correct court positioning and how to “move as a team”				
Uses the forehand lob with some success				
Serve team attempts to approach net with a slow-paced ball (3rd shot)				
Sustains a dink exchange at the net				
Adjusts to differing ball speeds (serves, volleys, groundstrokes)				
Returns the ball lower over the net.				
Has good mobility, moving in a safe and balanced manner*				
Has good quickness*				
Has good hand – eye coordination*				

Service Requirement – 7 out of 10 (70%)		
	YES	NO
Service Good		
Service Foot Faults		

Serve Return Requirement–7 out of 10 (70%)		
	YES	NO
Good Forehand		
Good Backhand		
Returns Deep		

Volley Requirement–7 out of 10 (70%)		
	YES	NO
Forehand		
Backhand		
Non-Volley Zone Foot Faults		

Three Things Done Well:

1. _____
2. _____
3. _____

Three Things to Work On:

1. _____
2. _____
3. _____

ACTUAL SKILL LEVEL: _____

Rater’s Signature: _____ **Players Signature:** _____

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

*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.