

SKILL DESCRIPTIONS

	2.0	2.5	3.0	3.5	4.0	4.5
Rules/ Scoring/ Positioning	Knows basic rules (i.e. 2 bounce rule, scoring, player position for scoring, serving/receiving)	Knows basic rules	Knows basic rules	Knows rules Aware of ATPs (around the post shots)	Knows rules Can execute ATPs and is aware of how to defend them Aware of "Ernies"	Knows rules Can execute and defend ATPs Can execute "Ernies" Can stack with a partner on the serve and return
Dinks	Demonstrates basic pendulum swing on forehand & backhand side Demonstrates dinks down the line forehand & backhand Demonstrates dinks cross court forehand & backhand	Demonstrates basic pendulum swing on forehand & backhand side Working on consistency while dinking down the line forehand & backhand Working on consistency while dinking cross court forehand & backhand	Attempting to consistently dink while changing directions from cross court to down the line forehand & backhand	Can consistently dink while changing directions from cross court to down the line forehand & backhand Can consistently keep easy dinks in the opponents' kitchen. Is beginning to dink with a purpose	Can consistently keep all dinks, whether easy or medium difficulty, in the opponents' kitchen Dinks with a purpose to elicit a put away shot	Resets the majority of pushed dinks in the opponents' kitchen Initiates & maintains an extended dink exchange to elicit a put-away shot
Volley	Demonstrates punch volley	Demonstrates punch volley	Punches volley to the back 1/2 of the opponent court When opponent is at the kitchen, able to punch volley at their feet Sustains a short volley exchange at the net	Punches volley to the back 1/2 of the opponent court, to keep opponents at the baseline When opponent is at the kitchen, able to punch volley at their feet with directional intent Sustains a controlled volley exchange at the net	Sustains a volley exchange at the net and beginning to use directional control Can demonstrate a block volley Able to hit a winning volley when a ball is popped up	Consistently punches volley to the appropriate spot on the court Consistently demonstrates a block volley Can demonstrate a swing volley Sustains a controlled volley exchange at the net, with directional control, creating unforced errors Able to consistently hit winning volley when a ball is popped up

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3rd Shot		Is developing 3rd shot drop by long dinking from the transition area Attempting to hit 3rd shot drop during match play on the short court	Can perform 3rd shot drop during match play on the short court	Performs 3rd shot drop from the baseline (6/10)	Better consistency when performing 3rd shot drop from the baseline (7/10) Can hit 3rd shot drop from baseline during match play with greater success	Can consistently hit 3rd shot drop from baseline during match play. Can drive a third shot for power as an option Rarely misses a third shot
Reset				Know how to reset the ball into the kitchen from a defensive position anywhere on the court	Able to reset most balls into the kitchen from a defensive position anywhere on the court	Able to reset most balls into the kitchen from a defensive position anywhere on the court and turn into an offensive or neutral position
Overhead	Demonstrates proper sideways turn, arm positioning and backward movement for overhead Demonstrates an overhead	Demonstrates an overhead with the proper sideways turn, arm positioning and backward movement	Can perform an overhead with better control while maintaining proper position	Is developing directional control while performing an overhead	Can consistently perform an overhead and beginning to place the shot for winners	Can consistently perform an overhead and consistently places the shot for winners
Lobs			Attempts offensive lobs during play	Uses offensive lobs effectively	Uses offensive lobs effectively	Uses offensive lobs effectively
Serve/Return	Demonstrates a serve Demonstrates return of serve	Demonstrates a serve Demonstrates return of serve	Demonstrates placement & depth on serves Demonstrates placement & depth on return of serves	Uses deeper and higher returns to approach the net more quickly Demonstrates better placement and depth on serves Demonstrates better placement depth on return of serves	Demonstrates placement and depth on serves	Demonstrates placement, spin and depth on serves and return of serves
Groundstrokes	Demonstrates a forehand & backhand ground stroke swing low to high and striking the ball off front front	Beginning to demonstrate control on forehand groundstrokes (direction, depth, height) Uses a backhand ground stroke	Demonstrates improved control on forehand groundstrokes (direction, depth, height) Better control on backhand groundstrokes	Demonstrates control on forehand groundstrokes (direction, speed, depth, height) Demonstrates control on backhand groundstrokes (direction, speed, depth, height)	Demonstrates control on forehand groundstrokes (direction, depth, height, spin) Demonstrates control on backhand groundstrokes (direction, depth, height)	Demonstrates control on forehand groundstrokes (direction, depth, height, spin) Demonstrates control on backhand groundstrokes (direction, depth, height)

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Teamwork/ Movement/ Strategy	<p>Demonstrates proper side step movement while being balanced</p> <p>Has good mobility and can move forward in a safe and balanced manner</p>	<p>Demonstrates proper side step movement while staying balanced at NVZ line</p> <p>Moves forward to approach NVZ for dinks & volleys</p> <p>Has good mobility and can move forward in a safe and balanced manner</p>	<p>Does not back up unnecessarily from NVZ</p> <p>Has good mobility & quickness</p> <p>Moves forward as a team to approach NVZ for dinks & volleys</p>	<p>Moves forward as a team to approach NVZ for dinks & volleys</p> <p>Able to communicate effectively with partner & utilize different strategies to expose opponent weaknesses</p> <p>Has good mobility & quickness</p> <p>Able to retrieve a lob</p>	<p>Moves effectively with partner, easily switching sides, and communicates when required</p> <p>Able to change a fast paced strategy to a slow one and vice versa</p> <p>Can demonstrate an effective poach, and understands when it's appropriate</p> <p>Has good positioning (very few balls go down the middle).</p> <p>Able to retrieve a lob and reset in the kitchen</p>	<p>Moves effectively with partner, easily switching sides, and communicates when required</p> <p>Able to change a fast paced strategy to a slow one and vice versa</p> <p>Can demonstrate an effective poach, and understands when it's appropriate</p> <p>Able to retrieve a lob and reset in the kitchen and make their way back up to the NVZ line.</p>

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Other	<p>Developing eye-hand coordination</p> <p>Demonstrates proper ready position</p>	<p>Has good eye-hand coordination</p> <p>Keeps ball in play during short rallies</p>	<p>Keeps ball in play during short rallies</p> <p>Attempting to adjust to different ball speeds (serves, groundstrokes, volleys)</p>	<p>Keeps ball in play during rallies and is aware of minimizing errors</p> <p>Improved control when adjusting to different ball speeds (serves, groundstrokes, volleys)</p>	<p>Controls play at the NVZ line, by keeping their opponent back if they're at the baseline</p> <p>Understands proper shot selection to minimize errors</p> <p>Able to adjust to differing ball speeds consistently</p> <p>Beginning to use spin effectively on a variety of shots</p> <p>Maintains greater patience in dinks & rallies</p> <p>Beginning to anticipate shots more frequently (watching paddle face)</p>	<p>Controls play at the NVZ line, by keeping their opponent back if they're at the baseline</p> <p>Hits high percentage shots and executes proper shot selection to achieve good results</p> <p>Adjusts to different ball speeds and spins (serves, groundstrokes and volleys)</p> <p>Uses spin effectively on a variety of shots</p> <p>Maintains high degree of patience in dinks & rallies</p> <p>Able to effectively anticipate shots (watching paddle face)</p>