



## 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 <b>forehand</b> with depth and control				
Consistently hits <b>backhand</b> with depth and control				
Consistently gets <b>serve</b> in with varying depth and speed				
Consistently gets return of <b>serve</b> in with varying depth and speed				
Consistent and dependable overheads (directional control, depth and placement)				
Accurate in placing lobs				
Able to sustain <b>dink</b> rally with control, height and depth of shot				
Understands which balls are attackable and those that are not in a <b>dink</b> rally				
Sustains a <b>dink</b> exchange with patience at the net to elicit a “put away” shot				
Consistently executes <b>3<sup>rd</sup> shot</b> drop from the baseline to approach the net				
Able to change soft shots to power shots to create an advantage				
Able to <b>volley</b> a variety of shots at varying speeds				
Able to block and return fast, hard <b>volleys</b>				
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				

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

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

<b>Server Return Requirement – 9 out of 10 (90%)</b>		
	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