

VRPA Development 2021 Programs Self-Rating Guidance

- To assist in determining your skill level, do an objective self-evaluation based on the following skill level assessment criteria.
- ***Assess yourself against these IPTPA Skill Testing Requirements, noting the minimum number of shots required out of 10 consecutive attempts to consider that skill achieved***
- Following self-assessment, if you think that you are not quite a 3.0, but are getting close, you can identify as a 2.75.
- If a bit stronger than 3.0 but definitely not able to compete as a 3.5, identify as a 3.25.
- This will give us a better chance of grouping like playing abilities, and thus providing a better learning environment, for all.

2.5 Skill level

- Knows the basic rules including two bounce rule, scoring and player position relative to scoring
- Demonstrates basic pendulum swing on the forehand & backhand side
- Working on consistency while dinking down the line forehand & backhand
- Working on consistency while dinking cross court forehand & backhand
- Demonstrates proper side step movement while staying balanced at NVZ line
- Demonstrates a punch volley
- 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
- Moving forward to approach NVZ for dinks & volleys
- Demonstrates an overhead with the proper sideways turn, arm positioning and backward movement
- Has good mobility and can move forward in a safe and balanced manner
- Has good eye-hand coordination
- Beginning to demonstrate control on forehand ground strokes (direction, depth, height)
- Uses a backhand ground stroke
- Keeps ball in play during short rallies

Skill Testing Requirement: Dinks

- Forehand down the line 6/10
- Forehand cross court 6/10
- Backhand down the line 6/10
- Backhand cross court 6/10

Skill Testing Requirement: 3rd shot drop from transition area (middle of the court)

- Forehand 4/10
- Backhand 4/10

Skill Testing Requirement: Volleys

- Forehand Punch Volley 5/10
- Backhand Punch Volley 5/10

Skill Testing Requirement: Overhead

- Overhead 2/5

Skill Testing Requirement: Serves

- Deuce Court 3/5
- Ad Court 3/5

Skill Testing Requirement: Return of serves

- Deuce Court 3/5
- Ad Court 3/5

Skill Level 3.0

- Attempting to consistently dink, while changing direction from cross court to down the line forehand and back hand.
- Does not back up unnecessarily from the NVZ
- Punches a short volley to the back ½ of opponents' court
- Sustains a short volley exchange at the net
- Can perform 3rd shot drop by long dinking from the transition area
- Using 3rd shot drop during match play
- Moving forward as a team to approach NVZ for dinks & volleys
- Can perform an overhead with better control while maintaining proper position
- Has good mobility & quickness
- Demonstrates improved control on forehand ground strokes (direction, depth, height)
- Better control on backhand ground strokes
- Keeps ball in play during short rallies
- Attempts offensive lobs during play
- Demonstrates placement & depth on serves
- Demonstrates placement & depth on return of serves
- Attempting to adjust to different ball speeds (serves, ground strokes, volleys)

Skill Testing Requirement: Dinks

- Forehand down the line 7/10
- Forehand cross court 7/10
- Backhand down the line 7/10
- Backhand cross court 7/10

Skill Testing Requirement: 3rd shot drop from transition area (middle of the court)

- Forehand 5/10
- Backhand 5/10

Skill Testing Requirement: 3rd shot drop from baseline

- Forehand 2/5
- Backhand 2/5

Skill Testing Requirement: Volleys

- Forehand Punch Volley with directional & depth control 6/10
- Backhand Punch Volley with directional & depth control 6/10

Skill Level 3.5

- Can consistently dink while changing directions from cross court to down the line forehand & backhand
- Punches volley to the back 1/2 of opponent court, to keep opponents at the baseline
- Sustains a controlled volley exchange at the net
- Performs 3rd shot drop from the baseline
- Is beginning to dink with a purpose
- Moving forward as a team to approach N VZ for dinks & volleys
- Developing directional control while performing an overhead
- Demonstrates control on forehand ground strokes (direction, speed, depth, height)
- Demonstrates control on backhand ground strokes (direction, depth, height)
- Keeps ball in play during rallies and is aware of minimizing errors
- Able to communicate effectively with partner & utilize different strategies to expose opponent weaknesses
- Using deeper and higher returns to approach the net quicker
- Uses offensive lobs effectively
- Demonstrates better placement and depth on serves
- Demonstrates better placement and depth on return of serves
- Improved control when adjusting to different ball speeds (serves, ground strokes, volleys)

Skill Testing Requirement: Dinks

- 14 out of 20 windshield wiper dinks

Skill Testing Requirement: 3rd shot drop from transition area (middle of the court)

- Forehand down the line 8/10
- Forehand cross court 8/10
- Backhand down the line 8/10
- Backhand cross court 8/10
- Skill Testing Requirement: 3rd shot drop from baseline
- Forehand down the line 3/5
- Backhand down the line 3/5

Skill Testing Requirement: Overheads

- Overheads 3/5

Skill Testing Requirement: Offensive lobs from the NVZ line

- Offensive Lobs 3/5

Skill Testing Requirement: Volleys (Ball lands in the back half of opponents' court)

- Forehand Punch Volley with directional & depth control 7/10
- Backhand Punch Volley with directional & depth control 7/10

Skill Testing Requirement: Serves (Ball lands in the back half of opponents' court)

- Deuce Court 4/5
- AdCourt 4/5

Skill Testing Requirement: Return of serves (Ball lands in the back half of opponents' court)

- Deuce Court Forehand 4/5
- Ad Court Backhand 4/5