

Self-assess your playing level

Rating	Ground Strokes	Return of serve	Net play	Serve
1.0	This player is just starting to play tennis			
1.5	This player has been introduced to the game but has difficulty playing the game due to lack of consistency serving and holding a rally			
2.0	Can get the ball in play but lacks control resulting in inconsistent rallies. Often sticks to forehand shots and doesn't try backhand shots too often.	Tends to position to protect weakness. Inconsistent returns.	In singles reluctant to come to the net. In doubles recognises basic positioning	Incomplete serve motion. Toss inconsistent. Double faults are common.
2.5	Can rally consistently 8 balls in a row, especially on the forehand, with an arched trajectory over the net when the objective is to hit to a partner at moderate speed.	In singles, consistent when returning to the middle of the court. In doubles, difficulty returning cross court to start the point.	Becoming at ease at the net in practice but uncomfortable in a game situation.	Attempting a full service motion on the first serve. First serve is inconsistent (less than 50%). Uses incomplete motion to ensure a steady second serve.
3.0	Able to rally consistently 10 balls in a row using forehands and backhands. Able to maintain a rally when receiving high, short or wide balls, assuming the ball is received at a moderate pace.	Can control the direction of the ball both in singles & doubles, when receiving a serve of moderate pace.	Very consistent on forehand volley and easy balls, inconsistent on backhand volley. Overall has difficulty with low & wide balls. Can smash easy lobs.	Full motion on first & second serves. Able to achieve more than 50% on first serve. Second serve much slower than the first.
3.5	Able to move the opponent around the court or hit harder when receiving easier balls. Can execute approach shots with some consistency (more than 50%)	Can return fast serves or well-placed serves with defensive actions. On 2 nd serve. Can return with pace or directional control; can approach the net in doubles.	Becoming confident at net play; can direct FH volleys, BH volley but with little offense. General difficulty in putting volleys away. Can handle volleys and overheads that require moderate movement.	Can vary the speed & direction of first serve. Can direct the second serve to the opponent's weakness with-out double faulting.

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4.0	Able to develop points with some consistency by using a reliable combination of shots. Erratic when attempting a quality shot when receiving fast or wide balls, and when attempting passing shots.	Difficulty in returning spin serves. On moderately paced serves, can construct the point through hitting a good shot or exploiting an opponent's weakness. In doubles, can vary returns effectively on moderately paced serves.	In singles, comfortable at following an approach shot to the net. In doubles comfortable receiving a variety of balls & converting to offensive positioning, can poach on weak returns of serves. Able to put away easy overheads.	Can vary the speed & direction of the first serve. Uses spin.
4.5	Can use a variety of spins. Beginning to develop a dominant shot or good steadiness. Erratic when attempting a quality shot in two of the following situations: receiving fast balls, wide balls and passing shot situations.	Off 1 st serves can defend consistently but very inconsistent (less than 30%) when attempting an aggressive return. In doubles, has difficulty (less than 50%) returning a 1 st serve at the feet of the incoming serve or volleyer.	When coming to the net after serving, consistently able to put the 1 st volley in play but without pace or depth; however, inconsistent when trying to volley powerful or angled returns. Close to the net, can finish a point using various options including drop volley, angle volley, punch volley.	Aggressive 1 st serves with power & spin. On 2 nd serve frequently hits with good depth and placement without double faults. Can serve and volley off 1 st serves in doubles but experiences some inconsistency.
5.0	Able to maintain a consistent rally, 10 balls in a row on faster balls. Very steady strokes or has a dominant shot. Periodically exceeds (50%) when attempting a quality shot when receiving fast or wide balls & passing shot situations.	Periodically succeeds (50%) at aggressive returns off fast first serves using dominant (forehand or backhand). In doubles can return at the feet of the serve and volleyer.	In doubles after the serve has a good, deep cross-court volley. Overhead can be hit from almost any position.	First serve can win points outright or force a weak return. 2 nd serves can prevent opponent from attacking. Serves & volleys on 1 st serves in doubles with consistency.
5.5	This player has developed a game style which is recognisable as either an all-court player, an aggressive baseliner, a serve and volleyer or retriever. Has developed good anticipation either technically (can read toss on serve, body position etc) or tactically (can read opponent's tendencies in specific situations. Has no major weaknesses & can counterattack effectively against a hard ball, wide ball & passing shot. Capable of competing in an 'open' category county level tournaments. Ability to consistently use specific shots in order to exploit opponent's weaknesses.			
6.0	These players will generally not need rating. Rankings or past rankings will speak for themselves. The 6.0 player has generally had intensive training for national level tournaments at junior and collegiate level, and has obtained a county level or national ranking.			