

GENERAL GUIDELINES TO HELP SELF RATE

You improve very little by watching the ball fly past you. If you are in that situation you are probably playing at too high a level.

Yes, you do get better by playing at a higher level but the only thing you learn if you don't return any balls is that you're playing at too high a level.

If you are consistently winning all your games at your level, concentrate on developing your weaker areas before trying a higher level. Placing the ball consistently at your target point, using your backhand, dinking etc. You'll develop these areas faster at your level than you will at the next level up.

ADVANCED

Good mobility in all directions including on lobs

Played or want to play in competitive tournaments

Comfortable in hard hitting fast games

Quick reflex and reaction

Consistent groundstrokes and dinks with both forehand and backhand

Strategically uses third shot drops

Can transition from hard game to dinking and vice versa as needed

Very mobile and can recover from scrambles

INTERMEDIATE

Fairly good mobility

Looking to play in competitive tournaments

Not afraid of fast hard hitting games

Slow reaction times due to strategic moves of opponents

Good forehand ground strokes, backhand noticeably weaker

Developing dinking accurately and transitioning from fast to slow

Beginning to use some strategies to affect the flow of the game

RECREATIONAL

Mobility an issue in some directions

Enjoy slower paced game and not comfortable with hard hit balls

Consistently gets serves in

Can maintain a rally when ball is within mobility range

Knows all the rules

Strategic play is secondary to focus on getting the ball over the net

BEGINNER

Mobility may or may not be an issue but is often caught flat footed because of lack of experience

Not sure of positioning on court

Learning to adapt the rules, kitchen line / 2 bounce rule infractions / scoring

Developing a consistent serve

Needs to develop proper footwork to avoid tripping or running all over court

Is developing knowledge of flow of the game

Tend to mainly use forehand and avoid using backhand