

NATIONAL TENNIS RATING PROGRAM — SELF RATING GUIDE

- 1.0 This player is just starting to play tennis.
- 1.5 This player has limited experience and is still working primarily on getting the ball into play.
- 2.0 **Forehand:** Incomplete swing; lacks directional intent. **Backhand:** Avoids backhand; erratic contact; grip problems; incomplete swing. **Serve/Return of Serve:** Incomplete service motion; double faults common; toss is inconsistent; return of serve erratic. **Volley:** Reluctant to play net; avoids BH; lacks footwork. **Playing Style:** Familiar with basic positions for singles & doubles play; frequently out of position.
- 2.5 **Forehand:** Form developing; prepared for moderately paced shots. **Backhand:** Grip & preparation problems; often chooses to hit FH instead of BH. **Serve/Return of Serve:** Attempting a full swing; can get the ball in play at slow pace; inconsistent toss; can return slow paced serve. **Volley:** Uncomfortable at net especially on the BH side; frequently uses FH racket face on BH volleys. **Special Shots:** Can lob intentionally but with little control; can make contact on volleys. **Playing Style:** Can sustain a rally of slow pace; weak doubles coverage; usually remains in the initial doubles position.
- 3.0 **Forehand:** Fairly consistent with some directional intent; lacks depth control. **Backhand:** Frequently prepared; starting to hit with fair consistency on moderate shots. **Serve/Return of Serve:** Developing rhythm; Little consistency when trying for power; can return serve consistently with directional intent on moderate shots. **Volley:** Consistent FH volley; inconsistent BH volley; has trouble with low and wide shots. **Special Shots:** Can lob consistently on moderate shots. **Playing Style:** Consistent on medium-paced shots.
- 3.5 **Forehand:** Good consistency & variety on moderate shots; good directional intent. **Backhand:** Hitting with directional intent on moderate shots; has difficulty on high or hard shots; returns difficult shots defensively. **Serve/Return of Serve:** Starting to serve with control & some power; can return serve consistently with directional intent on moderate shots. **Volley:** More aggressive net play; some ability to cover side shots; uses proper footwork; can direct FH volleys; controls BH volley but with little offense; difficulty in putting volleys away. **Special Shots:** Consistent overhead on shots within reach; developing approach shots; drop shots & half volleys; can place the return of most second serves. **Playing Style:** Consistency on moderate shots with directional intent; improved court coverage; starting to look for the opportunity to come to the net; developing teamwork in doubles.
- 4.0 **Forehand:** Dependable; hits with depth & control on moderate shots; may try too good a placement on a difficult shot. **Backhand:** Player can direct the ball with consistency & depth on moderate shots. **Serve/Return of Serve:** Places both 1st & 2nd serves; frequent power on 1st serve but tends to over hit 1st serve; uses spin; dependable return of serve; can return with depth in singles & mix returns in doubles. **Volley:** Depth & control on FH volley; can direct BH volleys but usually lacks depth; developing wide and low volleys on both sides of the body. **Special Shots:** Can put away easy overheads; can poach in doubles; follows aggressive shots to the net; beginning to finish point off; can hit to opponent's weaknesses; able to lob defensively on difficult shots & offensively on set ups; dependable return of serve. **Playing Style:** Dependable ground strokes with directional intent & depth demonstrated on moderate shots; not yet playing good percentage tennis; teamwork in double is evident; rallies may still be lost due to impatience.
- 4.5 **Forehand:** Very dependable; uses speed & spin effectively; controls depth well; tends to over hit on difficult shots; offensive on moderate shots. **Backhand:** Can control direction & depth but may break down under pressure; can hit with power on moderate shots. **Serve/Return of Serve:** Aggressive serving with limited double faults; uses power & spin; developing offense; on 2nd serve frequently hits with good depth & placement; frequently hits aggressive service returns; can take pace off with moderate success in doubles. **Volley:** Can handle a mixed sequence of volleys; good footwork; has depth & directional control on BH; developing touch; most common error is still over hitting. **Special Shots:** Approach shots hit with good depth & control; can consistently hit volleys & overheads to end the point; frequently hits aggressive service returns. **Playing Style:** More intentional variety in game; is hitting with more pace; covers up weaknesses well; beginning to vary tactics according to opponent; aggressive net play is common doubles; good anticipation; beginning to handle pace.