

## TABLE OF ABILITY LEVEL

<b>1</b>	Complete novice.
<b>2</b>	Small experience (less than 1 year) – Knowledge of the rules of the game – Potential problems : hitting the ball over the net, judging trajectories, positioning.
<b>3</b>	Some private or group lessons already completed – Lack of practice – The movement and points of impact of the ball start to be controlled – Very weak service.
<b>4</b>	Movements are more controlled, but still irregular - The direction of the ball starts to be understood - The placing is still not good – The ball stays in play for several exchanges with an opponent of the same level.
<b>5</b>	A slow exchange can be maintained - The ball is well placed – Not all shots are well controlled – A ball hit hard is badly controlled.
<b>6</b>	The exchanges are steady and regular – The direction of the ball is well controlled including forehand and backhand volleys. – The service passes regularly – Nevertheless, the game lacks variety.
<b>7</b>	No problem with the forehand and backhand volleys - Lobs, smashes, approach shots and volleys are used but not controlled – The 1st service passes irregularly – The effect of the 2 <sup>nd</sup> service needs working on.
<b>8</b>	Shots with power or spin are better controlled. – The placement of the legs is good – Possible to make your partner run for the ball - The 1st service is powerful and precise - The 2 <sup>nd</sup> service is well placed – The service-volley is controlled.
<b>9</b>	Good anticipation – Able to control powerful shots – Regular winning shots or ability to force the opponent into errors with short shots - Lobs, drop shots, mid-court volleys and smashes are executed with success - The 2 <sup>nd</sup> service is deep and with effect.