

SONORCAL TENNIS EVALUATION SHEET

Athlete's Name: _____ Gender: _____ Age: _____

Forehand		Level
Rallies consistently with depth, becomes inconsistent when adding pace		Advanced
Sustains an extended rally with direction, pace and depth		Advanced
FH has sufficient control to sustain a short rally and is developing depth		Intermediate
Rallies with control and depth, but has difficulty when shots are high or hard		Intermediate
Hits inconsistent weak FH shots		Beginner
Hits FH shots with little directional control		Beginner
FH has directional control of shots, but shots lack depth		Beginner
Backhand		Level
Rallies consistently with depth, becomes inconsistent when adding pace		Advanced
Sustains an extended rally with direction, pace and depth		Advanced
BH has sufficient control to sustain a short rally and is developing depth		Intermediate
Rallies with control and depth, but has difficulty when shots are high or hard		Intermediate
Hits inconsistent weak BH shots		Beginner
Hits BH shots with little directional control		Beginner
BH has directional control of shots, but shots lack depth		Beginner
Movement		Level
Reacts quickly to the ball and has very good court coverage		Advanced
Exceptional court coverage, reacts quickly to the ball and recovers after each shot		Advanced
Movement allows sufficient court coverage of most shots		Intermediate
Has good court coverage, reacts well enough to sustain a short rally		Intermediate
Stationary position; does not move to ball to hit shots		Beginner
Moves only 1-2 steps toward ball to hit shots		Beginner
Moves toward ball; but court coverage is poor		Beginner
First Serve		Level
Hits 1 st serves with pace and control		Advanced
Hits 1 st serves with pace		Intermediate
1 st serve is weak		Beginner
Hits 1 st serves in at a slower pace		Beginner
Second Serve		Level
Hits 2 nd serves with spin, control and depth		Advanced
Hits 2 nd serves with control		Intermediate
Hits 2 nd serves with control and depth		Intermediate
Double faults are common		Beginner
Pushes 2 nd serves		Beginner
Return of Serve		Level
Returns 1 st and 2 nd serves consistently		Advanced
Aggressive return of 2 nd serve and consistent return of 1st serve		Advanced
Aggressive return of 1 st and 2 nd serves		Advanced
Returns some 1 st serves, returns 2 nd serves consistently		Intermediate
Has difficulty returning serve		Beginner
Returns serve occasionally		Beginner
Volleys		Level
Comfortable moving to net, moves laterally well for both FH and BH volleys		Advanced
Hits aggressive FH and BH volleys		Advanced
Hits consistent volleys; has problems approaching the net		Intermediate
Has ability to approach the net and hits consistent volleys		Intermediate
Hits inconsistent volleys; avoids net		Beginner
Hits consistent FH volleys; BH volley is inconsistent		Beginner