

ADVANCED BEGINNER (2.5 - 3.25)

- Can maintain a rally with players of similar skill levels but struggle with increased pace and playing players of higher skill levels
- Demonstrates varying skill with all the basic shot strokes and shot placement but lacks control and consistency
- Beginning to attempt dinks and drops with varying success and doesn't fully understand when and why they should be used.
- Demonstrates the basic shot strokes – forehand, backhand, volley, overhead and the serve, but has obvious weaknesses in most strokes.
- Makes most easy volleys and uses some backhands but needs more work on developing shot strokes.

We recommend you take programs/clinics at this level if...

- You are looking to build upon the foundation of your current skillset – You should be striving for more consistency and control in your game.
- While you have a basic to limited understanding of strategy. You are looking to have a better understanding of not just what shots to hit – but when to hit them.
- You are currently playing the game in a reactive manner and would like to start becoming better at anticipating situations before they develop.

INTERMEDIATE (3.25-3.75)

- Demonstrates improved stroke dependability with directional control on most medium-paced balls and some faster-paced balls.
- Demonstrates improved control and consistency in shot selection and execution.
- Are able to start to use your shots and shot selection in an attempt to control the pace of the game.
- Can start to understand the phases of the game and implement decision-making into your gameplay
- Have a variety of medium to high-skill shots at your disposal

We recommend you take programs/clinics at this level if...

- You have a very solid foundation of skills and shots at your disposal but understanding when and how to implement them in the different phases of the game is your biggest opportunity to improve.
- You have consistency and control on medium-paced balls and against similar-level opponents but struggle with opponents who can hit balls outside of your comfort zone (Pace Related or Making your Move/Stretch)
- Are starting to find that you are not just chasing the play anymore but starting to look to take control of rallies.
- Have hit a wall in your game and cannot get over the hump

ADVANCED (3.75+)

- Consistent and dependable strokes that are not just defensive or passive in nature -but are becoming more offensive as well
- Are not just waiting for your opponents to make mistakes but are starting to force them
- Rallies may still be lost due to impatience.
- Uses the dink shot and drop shots to slow down or change the pace of the game.
- Demonstrates 3rd shot strategies – drop shots, lobs, and fast-paced ground strokes.

We recommend you take programs/clinics at this level if...

- You have an extremely solid foundation that you can rely on – but are looking at what situations you can use them.
- Decision Making and Situational Understanding is a work in progress but is a process that you have begun to explore but need to continue to perfect
- Your opponent is no longer able to dictate your response or the quality of the ball you send and it is clear that you are in control of your shot selection, but you are struggling with being able to execute.
- You feel like you are on the verge of taking your game to the next level but just need some guidance and focused/targeted training to get you there.