

Skill Levels Explanation of the Skill-levels

Beginner (2.0 – 2.4) Individuals that are new to the sport. Have not been introduced to the rules, scoring and have not hit the ball (or may have hit a few times) are classified as beginners.

Beginner Plus (2.5 – 2.9) These individuals have a basic understanding of the game. They know the rules and how to score. They may get confused 1-2 points a game but have a basic knowledge and understanding to correct themselves regarding where to line up on the court. They can play and get most shots on the court.

Intermediate (3.0 – 3.4) At this skill level, individuals have a full knowledge of how to play and the rules. They make most of their shots mainly only missing shots when forced. Still need work on consistency and keeping the ball low but can play rallies out and have a basic understanding of strategy.

Intermediate Plus (3.5 – 3.9) At this level, players are starting to plan out their shots and strategy. Thinking ahead and starting to control points by placing their balls where they want. They may start using some advanced strategy such as stacking and working with their partner to manipulate the point to expose their opponents.

Advanced (4.0 – 4.4) These players have a full understanding of the game. They are using strategy to set the point up. Can control the point, make fewer mistakes and can keep the ball low over the net not opening themselves up to being exploited. These players will use their serve and returns as weapons. When at the net taking the ball out of the air to compromise their opponents and take advantage of opportunities.

Advanced Plus (4.5 – 5.2) At this level, these individuals dictate the point. Each point is hit with control and precision where they are moving their opponents around controlling the outcome. They are planning their shots with good success. They will make few unforced errors and can recover from poor shots they make with relative success. They are skilled in all shot selection and execution.