

Tennis Class Level Guide

Cedar Hill Recreation Centre

This guide outlines what players at each level would be able to demonstrate.

Class Rating	Groundstrokes (Forehand and Backhand)	Return of Serve	Net Play (Volleys and Overhead)	Serve
Level 1	This player is just starting to play tennis or has been introduced to the game but lacks consistency and fundamental skills.			
Level 2	Can put the ball in play but lacks control, resulting in inconsistent rallies. Still developing fundamental techniques and rally consistency.	Inconsistent returns and positioning. Comfortable with returning slow-paced serves mainly using a forehand.	Developing net play skills. In doubles, understands basic positioning; comfortable with only the forehand volley; avoids backhand volley and overhead.	Incomplete service motion - lacks a full range of motion. Ball toss is inconsistent and double faults are common.
Level 3	Can consistently rally 10 balls in a row, especially with the forehand, using an arched trajectory and a controlled shot speed.	Can control the direction of the ball in both singles and doubles, when receiving a serve of moderate pace.	Very consistent on forehand volley with easy balls, inconsistent on backhand volley. Overall has difficulty with low or wide balls. Can smash easy lobs.	Full motion on both serves. Able to achieve more than 50% success on first serve. Second serve is much slower than the first serve.
Level 4 – Adult Development	Able to rally consistently 10-15 balls in a row on forehands and backhands. Able to maintain the rally when receiving high, short or wide balls at a varying pace.	Difficulty returning spin serves or fast serves. Can construct the point on a moderate paced serve through hitting a quality return to the opponent's weakness.	Comfortable with following an approach shot to the net and receiving a variety of balls. Can convert to offensive positioning at the net. Able to put away easy overheads.	Can vary the speed and direction of the first serve. Consistent second serve and able to direct the serve to the opponent's weakness. Able to use spin.

