



SONC/SONV 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