



South Shore YMCA at Mill Pond NTRP Tennis Ratings

National Tennis Rating Program

Playing Levels

1.0

This player is just starting to play tennis and is learning the basic skills of serving, forehands, backhands, and volleys.

1.5

This player has limited experience and is still working primarily on getting the ball into play.

2.0

This player needs on-court experience. S/he has obvious stroke weaknesses, but is familiar with basic positions for singles and doubles play.

2.5

This player is learning to judge where the ball is going although court coverage is weak. Can sustain a short rally of slow pace with others of the same ability.

3.0

This player is fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes, and lacks execution when trying for directional control, depth or power. Most common doubles formulation is one-up, one-back.

3.5

This player has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth and variety. This player exhibits more aggressive net play, has improved court coverage, and is developing teamwork in doubles.

4.0

This player has dependable strokes, including directional control and depth on forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with

some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident.

4.5

This player has begun to master the use of power and spins, and is beginning to handle pace, has sound footwork, can control depth of shots, and is beginning to vary game plan according to opponent's. This player can hit first serves with power and accuracy and place the second serve. This player tends to over hit on difficult shots. Aggressive net play is common in doubles.

5.0

This player has good shot anticipation and frequently has an outstanding shot or attribute which game may be structured. This player can regularly hit winners or force errors off short balls, and can put away volleys, can successfully execute lobs, drop shots, half-volleys, overhead smashes, and has good depth and spin on most second serves.

5.5

This player has developed power and/or consistency as a major weapon. This player can vary strategies and styles of play in competitive situations and hits dependable shots in a stress situation.

6.0

The 6.0 player typically has had intensive training for national tournament competition at the junior and collegiate levels, and has obtained a sectional and/or national ranking.