

3.0 LWPC Skill Assessment – should possess all of 2.5 skills

DESCRIPTIVE	Y/N	COMMENTS
Attempting to consistently dink while changing directions		
Does not back up unnecessarily from NVZ		
Punches volley to the back ½ of opponent court		
Sustains a short volley exchange at the net		
Serve team attempts to approach the net with a slow paced ball (3 rd shot)		
Moving forward as a team to approach NVZ for dinks & volleys		
Can perform an overhead with better control		
Has good mobility & quickness		
Improved control on forehand groundstrokes (direction, depth, height)		
Better control on backhand groundstrokes		
Keeps ball in play during short rallies		
Attempts offensive lobs during play		
Demonstrates placement & depth on serves		
Demonstrates placement & depth on return of serves		
Attempting to adjust to different ball speeds		
Skill Testing Requirement: Dinks		
Forehand down the line 6/10		
Forehand cross court 6/10		
Backhand down the line 6/10		
Backhand cross court 6/10		
Skill Testing Requirement: 3rd shot drop from transition area (middle of the court)		
Forehand 5/10		
Backhand 5/10		
Skill Testing Requirement: 3rd shot drop from baseline		
Forehand 2/5		
Backhand 2/5		
Skill Testing Requirement: Volleys		
Forehand Punch Volley with directional & depth control 5/10		
Backhand Punch Volley with directional & depth control 5/10		

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DATE _____

Signature/Name _____