

# RBPC Skill Guidelines

1	2	2.5	3	3.5	4
Never played or learned the rules	Possess all 1.0 skills	Possess all 2.0 skills	Possess all 2.5 skills	Possess all 3.0 skills	Possess all 3.5 skills
Needs basic gear knowledge for safety	Knows some of the basic rules such as two bounce rule, score, & court positioning	Understands court positioning, rules, and scoring. Rarely commits foot faults.	Attempting to consistently dink while changing directions from cross court to down the line forehand and backhand	Beginning to dink with a purpose (moving opponent around, targeting backhand and feet)	Dink with a purpose to elicit a put away shot.
Still learning basic skills and how to score	Is able to dink down the line and cross court forehand and backhand	Demonstrates basic pendulum swing on forehand and backhand side	Able to execute 7 out of 10 serves deep with good direction and control.	Better placement and depth on serves and return of serves. Executes Deuce court 4 out of 5 serves, Ad court 4 out of 5 serves	Controls play at NVZ line by keeping their opponent back if they're at the baseline
Still learning where to stand on court and why	Able to execute 4 out of 10 serves and return of serves	Working on consistency while dinking	Able to volley medium paced shots with control. Uses both punch and block volleys.	Punches volley to the back 1/2 of opponent's court to keep opponent at baseline	Performs block volley & sustains a volley exchange at the net & beginning to use directional control
Needs to develop proper footwork and hitting fundamentals	Proper ready position and side step movement	Uses proper side step movement while staying balanced on NVZ	Able to hit 3rd shot drops to gain advantage to the net.	Sustains a controlled volley exchange at the net	Able to hit winning volley when a ball is popped up
Needs to develop hand/eye coordination	Able to perform overhead shot with some force	Able to perform a punch volley	Does not back up unnecessarily from NVZ	Able to communicate effectively with partner & utilize different strategies to expose opponents weaknesses	Moves effectively with partner, easily switching sides, & communicate when required
Learning to develop proper mechanics for dinking and knowledge as to when to dink	Is able to perform volley 4 out of 10	Developing 3rd shot drop and attempts during match play	Can perform 3rd shot drop by long dinking from transition area	Performs 3rd shot drop from the baseline (3/5)	Hit 3rd shot drop from baseline during match play with greater success (7/10)
Learning to serve and get ball over net and into proper court	Is able to perform proper mechanics on forehand and backhand ground strokes	Moves forward to approach NVZ for dinks and volleys	Uses 3rd shot drop during match play on the short court	Keeps ball in play during rallies and is aware of minimizing errors	Able to change a fast paced strategy to slow one & vice versa
Learning about legal serves and foot fault when serving	Mostly concerned with getting the ball over the net	Uses proper mechanics when performing overheads (sideway turn, arm positioning, and backward movement)	Can perform an overhead with better control while maintaining proper position	Directional control while performing an overhead	Beginning to use spin effectively on a variety of shots
Can hit the ball with forehand & backhand but doesn't possess proper mechanics/consistency		Keeps ball in play during short rallies	Possess better control on forehand and backhand groundstrokes (direction, depth, height)	Control on forehand & backhand groundstrokes (direction, depth, and height)	Understands proper shot selection to minimize errors
Unable to keep ball in play during short rallies			Attempts offensive lobs during play	Uses offensive lob effectively	Beginning to anticipate shots more frequently (watching opponents paddle face)
			Attempts to adjust to different ball speeds (serves, groundstrokes, volleys)	Improved control when adjusting to different ball speeds (serves, groundstrokes, & volleys)	Able to adjust to differing ball speeds consistently