

Self Skill Rating System (NTRP – National Tennis Rating Program)

- 2.0 This player needs on-court experience. This player 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. This player can sustain a short rally of slow pace with other players 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 formation 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 both 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 opponents. 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.