



ADULT TENNIS ASSESSMENT GUIDE 1-8

1. I have never played tennis and have little or no racquet sport experience.
2. I have played some tennis without instruction. I would like to learn the strokes and start to serve.
3. I used to play regular tennis but am rusty. I need to update my game and get back into tennis with technique and match play.
4. I can rally at medium pace and would like to increase consistency with my ground strokes, serve and hold my own when playing matches.
5. I am fairly comfortable all round, have a reasonable serve but would like to learn how to apply slice and topspin to my ground strokes/serves.
6. I play regularly and can rally consistently giving and receiving spins. I can direct my serve to either side of the service box.
7. I have a strong game and reasonably solid ground strokes & I enjoy playing at the net. My first serve is quite good but need to develop a second serve with more topspin/slice.
8. I play at a good club level & have an all-round game. I understand match tactics and enter leagues and play team matches.

**IF YOU HAVE ANY QUERIES ABOUT YOUR LEVEL
PLEASE TALK TO THE TENNIS COACHES**