



3.75 SKILL LEVEL

The goal of 3.75 level play is to provide an opportunity for players to improve their strategic play and coordinate movement with their partner during rallies. At this level, most players work as a unit with their partner, can re-set play, and may be preparing for a tournament experience.

Playing Criteria for 3.75 level players:

- Possess all criteria from previous levels
- Consistent serve; ROS does not disadvantage team
- Consistent control of forehand and backhand groundstrokes that pressures opponent
- Incorporates appropriate spin into shots
- Incorporates proper shot selection to minimize errors
- Consistently dinks with a purpose
- Sustains a volley exchange and beginning to use directional control
- Attempts a winning volley when ball is at appropriate height
- Executes a block volley when necessary
- Can execute a drop shot from baseline during game with greater success
- Attempting transition zone re-sets with some success
- Can execute an overhead with directional control
- Attempts offensive lob at appropriate times with some success
- Moves effectively (and into proper court position) with partner in all phases of play
- Has good mobility - lateral, up and back; incorporates proper footwork
- Plays under control and appears to prepare for next shots
- Maintains patience during rallies and limits unforced errors
- Beginning to anticipate shots from opponent and make appropriate movements/shots
- Able to change a fast-paced strategy to a slow one and vice versa
- Communicates with partner to utilize strategy in game play (lob recovery, etc)
- Achieves a minimum of 21 points across three games



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Skills Requirements - 3.75 player: Dinks

* Windshield dinks must land in the NVZ

Windshield Wiper Dinks 16/20

Skills Requirements - 3.75 player: Punch Volley

*Punch volley must land in back 1/3 transition zone

Punch volley: Forehand 7/10 Backhand: 7/10

Skill Requirements - 3.75 player: Transition Drops

*Transition drops must land in the NVZ

Transition drops down the line: Forehand 7/10 Backhand: 7/10

Transition drops cross court: Forehand 7/10 Backhand: 7/10

Skill Requirements - 3.75 player: Baseline Drops

*Baseline drops must land in the NVZ

Transition drops: Forehand 7/10 Backhand: 7/10

Skill Requirements - 3.75 player: Serves

*Serves must land in back 1/3 of box

Deuce (right-side) 3/5, Left (left-side) 3/5

Skill Requirements - 3.75 player: Return of Serves

*Returns must land in back 1/3 transition zone

Forehand 3/5 Backhand 3/5

Skill Requirements - 3.5 player: Overhead 3/5

Skill Requirements - 3.5 player: Offensive Lob 3/5

Assessment for the 3.75 level requires players to Meet Standard on 15/21 Playing Criteria and scores a minimum total of 70/130 on the Skill Requirements.

If a player does not meet the minimum standard on any individual skill station, that station will receive a score of 0, even if partial ability is demonstrated.