



4.0 SKILL LEVEL

The goal of 4.0 level play is to provide an opportunity for players to improve their strategic partner by learning to recognize opponent weaknesses and strengths. At this level, most players work as a unit with their partner, can adapt their play to take advantage of opponent weaknesses, and may have tournament experience.

Playing Criteria for 4.0 level players:

- Possess all criteria from previous levels
- Consistently placed with depth, speed and location
- Forehand and backhand hit with spin, depth and control
- Can appropriately change from a hard shot to a soft shot (resets) and vice versa
- Can effectively use spin on a variety of shots
- Able to sustain a dink rally with control; limits opponents attacking opportunities
- Can sustain a dink exchange with patience to elicit offense for their team
- Able to volley a variety of shots at varying speeds
- Able to block and return fast, hard volleys and drives with control
- Makes appropriate decision on 3rd shot
- Can regularly execute drop shot from baseline and transition zone to approach net
- Consistent overheads using directional control and 'finishing' ability
- Makes appropriate decision when to lob and is accurate in placement
- Moves effectively with partner; switching sides and poaching when necessary
- Uses mobility to apply tactics in game situations
- Is balanced and in control when executing shots; positions self for next shots
- Controls play from NVL by keeping opponents back if at the baseline
- Makes few errors and if so, manages movement/play to recover
- Strategically plans each point (shot execution, stacking, targeting)
- Effectively controls situations that involve differing ball speeds
- Effectively communicates with partner (shots, movement, lob recovery, strategy)
- Achieves a minimum of 21 points across three games or averages 7 pts

Assessment for the 4.0 level requires players to Meet Standard on 16/22 Playing Criteria.