



## 3.5 SKILL LEVEL

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The goal of 3.5 level play is to provide an opportunity for players to improve their strategic play as they attempt to win rallies. At this level, most players can sustain rallies, attempt to re-set fast play, and will likely have played in a tournament.

### **Playing Criteria for 3.5 level players:**

- Possess all criteria from previous levels
- Demonstrates better placement and depth on serves and ROS
- Demonstrates control on forehand and backhand groundstrokes (direction, speed, depth, height)
- Can perform an overhead with control while maintaining proper court position
- Attempts to use an offensive lob
- Is beginning to dink with a purpose
- Sustains longer dinking exchanges, becoming more aggressive in placement of dinks
- Punches volley to back 1/2 of opponent court; keeping opponents back
- Can sustain a controlled volley exchange at the net
- Becoming more effective from Transition Zone, attempting soft shots into NVZ
- Is attempting longer 3rd shot drops from the baseline
- Moving forward with partner to approach the NVL for dinks and volleys
- Moves with partner along the NVL as rallies progress
- Displays improved control when adjusting to different ball speeds (all shots)
- Is balanced and in control while executing shots, not running through shots
- Making fewer unforced errors by keeping ball 'in play'
- Communicates with partner in all aspects of play
- Achieves a minimum of 21 points across three games



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### **Skills Requirements - 3.5 player: Dinks**

\* Windshield dinks must land in the NVZ

Windshield Wiper Dinks 14/20

### **Skills Requirements - 3.5 player: Punch Volley**

\*Punch volley must land in back ½ of transition zone

Forehand punch volley 7/10 Backhand punch volley 7/10

### **Skill Requirements - 3.5 player: Transition Drops**

\*Transition drops must land in the NVZ

Transition drops down the line: Forehand 6/10 Backhand: 6/10

Transition drops cross court: Forehand 6/10 Backhand: 6/10

### **Skill Requirements - 3.5 player: Baseline Drops**

\*Baseline drops must land in the NVZ

Transition drops: Forehand 3/5 Backhand 3/5

### **Skill Requirements - 3.5 player: Return of Serves**

\*Returns must land in back ½ of transition zone

Forehand 3/5 Backhand 2/5

### **Skill Requirements - 3.5 player: Serves**

\*Serves must land in back ½ of box

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

### **Skill Requirements - 3.5 player: Overhead 2/5**

### **Skill Requirements - 3.5 player: Offensive Lob 2/5**

**Assessment for the 3.5 level requires players to Meet Standard on 12/18 Playing Criteria and scores a minimum total of 78/120 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.**