



3.25 SKILL LEVEL

The goal of 3.25 level play is to provide an opportunity for players to improve some basic strategic elements of their play while developing consistency in technical skills. At this level, most players can sustain rallies, look for ways to put pressure on the opponent, and may have played in a tournament.

Playing Criteria for 3.25 level players:

- Possess all criteria from previous levels
- Is attempting serve and ROS with depth and placement
- Consistent serve and ROS that does not disadvantage team
- Demonstrates control on forehand groundstroke placement (direction, depth, height)
- Uses backhand groundstroke at appropriate times and with better control
- Is consistently dinking down the line forehand and backhand
- Is consistently dinking cross court forehand and backhand
- Is keeping opponents back with effective punch volley
- Engaging in volley exchanges at the net
- Can perform a 3rd shot drop by long dinking from the transition area
- Is attempting re-sets/soft shots from transition zone with some success
- Moving forward to approach the NVL for dinks and volleys
- Stays at NVL to participate in rallies
- Attempting to adjust to different ball speeds
- Keeps ball in play during short rallies by using volleys and dinks at appropriate times
- Can sustain a short volley exchange at the net
- Engages in regular communication with partner about tactical elements
- Achieves a minimum of 21 points across three games



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Skills Requirements – 3.25 player: DINKS

*Dinks must land in the NVZ

Forehand dinks down the line 6/10

Forehand dinks cross court 6/10

Backhand dinks down the line 6/10

Backhand dinks cross court 6/10

Skills Requirements – 3.25 player: Punch Volley

*Punch volley must land in back ½ of transition zone

Forehand punch volley 6/10

Backhand punch volley 6/10

Skill Requirements – 3.25 player: Transition Drops

*Transition drops must land in the NVZ

Forehand transition drops 5/10

Backhand transition drops 5/10

Skill Requirements – 3.25 player: Baseline Drops

*Baseline drops must land in the NVZ

Forehand transition drops 2/5

Backhand transition drops 2/5

Skill Requirements – 3.25 player: Serves

*Serves must land in back ½ of box

Deuce (right-side) 3/5

Left (left-side) 3/5

Skill Requirements – 3.25 player: Return of Serves

*Returns must land in back ½ of transition zone

Forehand 3/5

Backhand 2/5

Assessment for the 3.25 level requires players to Meet Standard on 11/18 Playing Criteria and scores a minimum total of 65/110 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.