

Level 3: Coaching Advanced Players

Playing ability assessment criteria for coaches

As part of the Level 3 Coaching Advanced Players course assessments, candidates must complete a playing ability assessment video.court. Below is the criteria for the assessment along with the scoring (Not Yet Competent, Competent and Excellent).

Candidates should be aware of and ensure they can complete the below competencies prior to registering for a course.

Information regarding completing the assessment is presented during the Level 3 Coaching Advanced Players course including video set up etc.

A.

TOPSPIN FOREHAND

1. Use an accepted forehand grip (eastern, semi-western or western) (NYC) (C) (E)
2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)
3. Can rally more than ten balls over the net and inside the court (NYC) (C) (E)

B.

TOPSPIN BACKHAND

1. Use an accepted backhand grip (single or double) for topspin and slice (NYC) (C) (E)
2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)
3. Can rally more than ten balls over the net and inside the court (NYC) (C) (E)

C.

SLICE FOREHAND

1. Use an accepted forehand grip (NYC) (C) (E)
2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)
3. Can rally more than ten balls over the net and inside the court (NYC) (C) (E)

D.

SLICE BACKHAND

1. Use an accepted backhand grip (single or double) (NYC) (C) (E)
2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)
3. Can rally more than ten balls over the net and inside the court (NYC) (C) (E)

E.

FOREHAND VOLLEY (high, low, drop, drive)

1. Volley using the continental grip (NYC) (C) (E)
2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)
3. Can rally more than eight balls over the net and inside the court while volleying (NYC) (C) (E)

F.

BACKHAND VOLLEY (high, low, drop, drive)

1. Volley using the continental grip (NYC) (C) (E)
2. Demonstrate modern technique (NYC) (C) (E)

3. Can rally more than eight balls over the net and inside the court while volleying (NYC) (C) (E)

G.

FOREHAND LOB

1. Use an accepted forehand grip (eastern, semi-western or western) (NYC) (C) (E)
2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)
3. Can rally more than ten balls over the net and inside the court (as appropriate) (NYC) (C) (E)

H.

BACKHAND LOB

1. Use an accepted backhand grip (single or double) (NYC) (C) (E)
2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)
3. Can rally more than ten balls over the net and inside the court (as appropriate) (NYC) (C) (E)

I.

SMASH

1. Smash using the continental grip (NYC) (C) (E)
2. Demonstrate modern technique while rallying with a partner (NYC) (C) (E)
3. Make more than 75% of balls using the smash (NYC) (C) (E)

J.

FLAT SERVE

1. Serve using the continental grip (NYC) (C) (E)

2. Demonstrate modern technique while performing either first or second serves (NYC) (C) (E)
3. Make more than 80% serves over the net and inside the court (NYC) (C) (E)

K.

SLICE SERVE

1. Serve using the continental grip (NYC) (C) (E)
2. Demonstrate modern technique while performing either first or second serves (NYC) (C) (E)
3. Make more than 80% serves over the net and inside the court (NYC) (C) (E)

L.

TOPSPIN SERVE

1. Serve using the continental grip (NYC) (C) (E)
2. Demonstrate modern technique while performing either first or second serves (NYC) (C) (E)
3. Make more than 80% serves over the net and inside the court (NYC) (C) (E)