

EVALUATION CRITERIA

TECHNIQUE	<u>Level I</u>	<u>Level II</u>	<u>Level III</u>	<u>Level IV</u>
Service	<ul style="list-style-type: none"> • Serve-volley on 1st • 1st serve challenging to the receiver • 2nd serve with spin effect • Big difference in speed between 1st & 2nd serve 	<ul style="list-style-type: none"> • Control of the direction of 1st serve + precision • 2nd ball deep & placed 	<ul style="list-style-type: none"> • Control direction of 1st and 2nd • Difference of speed & intended trajectory between 1st & 2nd 	<ul style="list-style-type: none"> • Put the ball in play • Slight difference in speed between 1st & 2nd
Return	<ul style="list-style-type: none"> • Control the spin • Control the speed 	<ul style="list-style-type: none"> • Return the 1st according to the server (short or deep) • Hit on the rise • 2nd serve return that favours approach to net 	<ul style="list-style-type: none"> • Return crosscourt or lob • Ability to take an offensive position on the 2nd serve 	<ul style="list-style-type: none"> • Return the 1st serve crosscourt or lob (regularly) • Avoid the net player
2 Players in the back	<ul style="list-style-type: none"> • Create an opening (angle) 	<ul style="list-style-type: none"> • Attack and approach 	<ul style="list-style-type: none"> • Faster pace & greater efficiency (speed and depth) • Set yourself up to come in to net 	<ul style="list-style-type: none"> • Control the direction crosscourt and lob down the line (with regularity)
4 Players at net	<ul style="list-style-type: none"> • Aggressive play • Take advantage of low balls from the opponent 	<ul style="list-style-type: none"> • Construct the point • Open up the court 	<ul style="list-style-type: none"> • Keep the ball low 	<ul style="list-style-type: none"> • Consistency
Counter-attack	<ul style="list-style-type: none"> • Control the spin (topspin and slice) 	<ul style="list-style-type: none"> • Control direction 	<ul style="list-style-type: none"> • Keep the ball low • Ability to keep the lob deep 	<ul style="list-style-type: none"> • Defensive lob
TACTICS	<u>Level I</u>	<u>Level II</u>	<u>Level III</u>	<u>Level IV</u>
Pattern of play Game tactics	<ul style="list-style-type: none"> • Serve-volley (1st) • Hit and approach 	<ul style="list-style-type: none"> • Quality of strokes superior to level III & IV • Lateral movement of the team at the net 	<ul style="list-style-type: none"> • Attack and approach • Lob deep and approach 	<ul style="list-style-type: none"> • High % of 1st balls in • Avoid the net player • Deep to deep, short to short • Net player capable of moving forwards and backwards from the net

Service Position	The objective of the server should be to start the point giving her team the advantage			
	<ul style="list-style-type: none"> • Get a big % of 1st serves in (80%) • Force a weak return from your opponent • Psychological advantage 			
Server's Partner	The role of the server's partner is that of an offensive player The opponents should perceive her presence at the net as aggressive and she should put pressure on the returner			
	<ul style="list-style-type: none"> • The partner should move according to the serve • Be ready to intercept returns in the centre of the court 			
Returnee	The returnee has the responsibility of returning the serve to give her team the advantage			
	<ul style="list-style-type: none"> • Vary the return keeping the opponent off balance and create uncertainty while maintaining consistency • Be able to defend if the service is difficult and take advantage of a weak serve • Play the right shot after the return 			
Returnee's Partner	The service break occurs often as a direct result of the involvement of the returnee's partner			
	<ul style="list-style-type: none"> • Defend the centre of the court on a weak serve • Follow the direction of the return to cover the angles • Move in on a good return 			
PHYSICAL APPEARANCE	<u>Level I</u>	<u>Level II</u>	<u>Level III</u>	<u>Level IV</u>
Footwork	<ul style="list-style-type: none"> • Rapid change of direction • Coverage of a large area for the lob 	<ul style="list-style-type: none"> • Explosive takeoff 	<ul style="list-style-type: none"> • When a team has 2 players at the net coverage of the lob by the player on the diagonal and recovery based on the shot 	<ul style="list-style-type: none"> • Running forward • Coverage of the angle • Coverage of a short lob
Body Image	Athletic "Posture"			
Physical Intensity	Split Step/ Endurance/ Speed			
PSYCHOLOGY	<ul style="list-style-type: none"> • Healthy competition • Work as a team (partner and group) • Positive attitude • Respect of oneself and others • Co-operation 			

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