

### Comparison of profiles 2.5, 3.0 & 3.5

	Level 4 player	Level 3 player	Level 2 player
	PROFILE 2.5	PROFILE 3.0	PROFILE 3.5
<b>PHYSICAL ASPECT</b>	<p>This player can move around behind the baseline on her side of the court and can perceive shorter balls. On the other hand, she may hesitate before taking her first step towards the net. She is able to cover the zone between the baseline and the service line but may have more difficulty running back. She has an athletic posture while receiving a serve, however her posture may be too upright as she follows up with movement towards the net. She has the endurance to play for two hours if she manages her stress well.</p>	<p>This player prefers back to front movement rather than front to back. Her first step may be hesitant when getting out of her zone often due to a misperception of the ball. She is able to more easily judge balls after a bounce and better positions herself than a Level 4 player. However, she frequently forgets to reposition herself. She is able to maintain a good energy level throughout the match.</p>	<p>Because a player in this level is more experienced, she anticipates and perceives the ball better and her footwork is more efficient. Her first step, when changing zone, is more explosive and therefore her shot selection is better. She repositions herself quickly after her shot. The player's posture is more athletic throughout the match with a position lower to the ground and less upright. She masters the different effects on the ball and better manages all phases of the game.</p>
<b>TECHNICAL AND TACTICAL ASPECT</b>			
	<p>For a majority of players, their technique is new, so very often the focus is technical rather than tactical. There is uncertainty regarding proper grip or grip changes. Ball perception is lagging which affects their preparation and rhythm. This gives the impression that the player rids herself of the ball rather than absorbing it.</p>	<p>Here, the technique influences the tactics and we see players look at their target instead of looking at their point of impact. Therefore, shots are often hit only with the arm and in an upright position rather than a low position. They are more comfortable with a medium ball speed and often their shots lack depth and consistency. <b>They have difficulty moving from one type of shot to another. Making hit sequences is a challenge.</b></p>	<p>This player knows her style of play and tactically favors her strengths. She recognizes other styles of play with their strengths and weaknesses. The player will be more consistent, the net player will take up a lot space at the net and the hard-hitter will take more risks. The player is efficient at a rate of 50% throughout all the phases of the game. She develops a phase which she privileges and masters 80% of the time. Depending on her style, her intentions and patterns of play are more clear.</p>
<b>SERVICE</b>	<p>Even though the player's serve is used to put the ball in play, and there is very little difference in speed between the 1<sup>st</sup> and 2<sup>nd</sup></p>	<p>1<sup>st</sup> Serve: Faster speed than a 2<sup>nd</sup> serve, identifies weakness of opponent. We often see a lack of coordination between the ball</p>	<p>Her first serve is put into play 70-75% of the time. She can vary her serve by changing its speed or effect. The rhythm is</p>

	<p>serve, a player on Court 1 is effective with her service because of its speed and/or placement. However, the player has difficulty coordinating her ball toss with her racquet preparation. The rhythm is not fluid and the intent is on the target rather than on the point of impact. The player is unstable when making impact. The player always remains behind the baseline after her serve and is often not ready for the return of serve.</p>	<p>toss and the racquet preparation. 70% of 1<sup>st</sup> serves are put into play.  2<sup>nd</sup> Serve: slower speed, simply put into play. Avoids the double fault. After her easy 2<sup>nd</sup> serve, this player assumes a counter-attack or defensive position after the return.  Certain players who are more mobile will occasionally serve and volley to create uncertainty with the receiver.</p>	<p>still not fully integrated and stability is lacking at time of impact. On second serves, she is consistent and makes the ball difficult to attack by its precision. Different strategies are used for the service, like the Australian formation. <b>Players with a Net Player Profile Begin to Be Effective with I formation.</b> She uses serve &amp; volley but it is not always conclusive due to the variable quality of her serve and her footwork.</p>
<b>RETURN OF SERVE</b>	<p>At this level, the primary focus is to return the ball in the opposite court. Players have difficulty quickly assessing whether the serve is directed toward their forehand or backhand, specifically on faster balls. Given the lack of experience in competition, players are anxious and do not want to make errors so the ball is often simply put back into play. When a first serve is well placed, the return is a lob so as to avoid the player at the net. On a 2<sup>nd</sup> serve, the player is slightly more in control and hits a cross-court angle shot or a return with a bit more speed and depth. Each player has a preferred side for returning serve depending on her technical weakness. The rate of return of first serves is often around 50%.</p>	<p>She begins to identify the server's patterns and preferences.  1<sup>st</sup> serve: returns cross-court, <b>avoids the player at the net or lob returns in a controlled manner.</b>  2<sup>nd</sup> serve: takes advantage of easy serves. Favors her best shot in order to attack.</p>	<p>On a first serve, the player succeeds in neutralizing a difficult ball to start the point well. The counter-attack is an important phase at this level. On a second serve, she will be able to take advantage of an easier serve. Her returns are consistent, that is 80% are put into play and her choices are quick. She has a clear preference for the side she wants to receive on in order to utilize her best shot. However, when returning on her weaker side, she knows how to effectively counteract speed or placement of the serve. Her intentions are clear depending on the style of play.</p>
<b>NET</b>	<p>She covers her zone and eventually takes the center. She intercepts high balls in her zone with a smash or volley. She has difficulty returning balls with more speed. <b>She is able to follow the positions of the opponents in the Baseline zone and thus well cover her angles.</b> Integrating</p>	<p>She covers her territory well and follows the ball in order to position and reposition herself depending on the situation. She intercepts high balls with confidence, however she has difficulty with low balls and faster shots. She begins to identify the four phases of the game. The ability to</p>	<p>Her perception is better, so she reacts better. She can intercept high balls and she can counter fast balls with punch or counter techniques. She may be hesitant on her position and may let balls pass her. Her choice of targets on easy balls is mastered 8 times out of 10. However, she</p>

	<p>hand-eye coordination with her small segments is relatively slow because the player still favors big racquet preparation. There are very few exchanges volley-to-volley because grip changes are too slow. Some players are still afraid of being at the net so they position themselves further away from the net. At this level, the possibility of playing a point volley-to-volley is very difficult because of the slowness in decision-making and of the hands.</p>	<p>exchange volley-to-volley occurs more frequently. The quality of defense in “no-man’s land” becomes a strength for some. <b>Her percentage of finishing the points on the high balls is significantly higher than the level 4 player.</b></p>	<p>still has a good success rate on reception of fast balls directed at her. Her presence at the net is felt by her opponents which allows her to intercept more balls in the center. This is where this player differentiates herself from a 3.0 player. On smashes, her ability to run back mid-court is more explosive and her racquet preparation is more rapid. She smashes easy balls, but experiences difficulty on deeper balls. She begins to anticipate evident lobs. She is much calmer in defensive situations and can take advantage of this situation.</p>
<b>MID-COURT</b>	<p>The player’s presence in this zone is often in response to a ball’s bounce. Because the player’s assessment of the ball trajectory has not yet been acquired, she demonstrates a passive attitude when entering this zone. Often, she prefers to hit the ball when it is in the descending phase.</p>	<p>She will find herself in this zone after receiving a short ball. Her first step is more explosive than a Level 4 player and <b>she tries to find a position where she can touch the lob, since she does not have a smash in general.</b> However, certain targets are selected erroneously or hesitantly as players aim for the baseline rather than try to keep the ball low. Many shots are made using the arm only without weight transfer because of a lack of proper body positioning or lack of intention instead of placement.</p>	<p>She can react to shorter balls and hit an attack shot. She prefers moving up on a ball after it has bounced and we will observe approach volley-to-volley exchanges. Her perception of balls close to the net is faster and her first step towards intercepting balls in this zone is explosive. It is a comfortable zone for most players. In this level, during a baseline exchange, the player knows how to intercept floating balls in order to take away her opponents’ reaction time.</p>
<b>BASELINE</b>	<p>This is the player’s preferred zone where she likes to exchange with her opponent. Direction changes are made with a lob. A frequent error is to try to change the direction of the ball with a parallel shot. Her consistency is an important element: 7 out of 10 on her preferred side. She must be able to accelerate and generate speed or power when given an easy ball. She is</p>	<p>The player is most comfortable in this zone. She is able to exchange at a medium pace and control her cross-court angle so as to avoid the player at the net. The player is able to adapt when receiving a short ball mid-court and to move up to the net.</p> <p>The quality of the exchange is 7 out of 10 and on easier or slower balls, she can</p>	<p>This player better perceives the phases of the game and can easily move from exchange to attack or counter-attack mode. She does not hesitate to use a lob as a variation in order to destabilize her opponents. She is more consistent and accepts placing the ball when she is in difficulty. Because her perception of the ball trajectory after the bounce is faster,</p>

	<p>capable of judging the ball's rebound trajectory, to recognize a slice and be well-positioned to return the ball effectively. However, the quality of her ball (lack of speed and weight) rarely provokes a situation which forces her opponents to move back or puts her opponents in a difficult position.</p>	<p>attack by adding heaviness to her ball. However, she has difficulty receiving faster balls and her capacity to counter-attack is often weak, so she often uses a defensive lob. This lob is often too short and she will be attacked.</p>	<p>she positions herself better in relation to the ball received and her point of impact is more precise. In this way, she succeeds in being more consistent in her shot selections and her game. Her rate of exchange has gone from 7 to 8 out of 10. The quality of her attack balls is superior, that is, they have more speed and weight. She forces her opponent back more easily or puts her opponent in a difficult receiving position. <b>She can adjust her backswing according to the phases of play.</b></p>
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**PSYCHOLOGICAL ASPECT**

	<p>Given the player's lack of experience in tennis or sports in general, this aspect must be worked on. The emphasis must be placed on being focused on the present moment and not on the opponent or the desired outcome. This aspect is of utmost importance and must be reinforced for a player's healthy evolution. She must be able to manage critical or stressful moments with any partner on any court. The player does not let herself be intimidated by her opponent's personality or her style of play (hard hitting or a placer). She adapts to different styles and behaviors. If her opponents change tactics, like an Australian, she is able to stay calm and react well while realizing opportune shots, like a parallel. She understands the importance of cooperation when you play in a team. She must know all the tennis rules and code of ethics so that they can be integrated and carried over into the other levels.</p>	<p>At this level, a player gets more competitive and develops the desire to win. However, her motivation is based on beating her opponent, moving up in ranking or moving up a level. This causes her to feel a lot of pressure and stops her from developing her full potential. <i>Intrinsic motivation</i>, that is the desire to improve and to develop regular game patterns, should be what drives her attitude. She can learn from her losses and use them to progress. She is more comfortable playing with the same partner. She begins to adapt to playing with partners that have different styles. She recognizes the different playing styles of her opponents and, with her partner, finds solutions to adapt to different situations. This player shows respect for her partner, her opponents, as well as for the rules of tennis. She has integrated all aspects of a Level 4 player. She uses appropriate tools provided by her coach to deal with certain psychological weaknesses.</p>	<p>This player demonstrates more calm in stressful situations and communicates frequently with her partner. Her level of play allows her to find solutions during a match and change strategy. She is respectful of her partner and adapts more easily to numerous partners. She also respects her opponents and the rules of tennis. With her energy, she creates synergy between all the other players on her team by encouraging and supporting them.</p>
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**Here are the recommendations for the development of a player:**

1. Respect for self, opponents, team and coach.
2. Know and understand all the rules that govern the game of tennis.
3. Know and apply the code of ethics.
4. Learn to collaborate and get involved for a team.
5. Manage the stress related to the competition, learn to be in the process and not in the result.
6. Learn to give the best of yourself in the training to apply it during the matches.
7. Demystify the levels and understand the objectives of the Interclub: **have fun by giving the best of oneself**