

Sequim Doubles' Self-Rating Guide

(Computer Rated)

Name: _____

Date: _____

Email or Phone # _____

Doubles' Self-Rating: _____ Doubles' USAPA-Rating _____

1) How is my **Serve**?

- A) I get about half of my serves in, not fast nor hard.
- B) I get about 75% of my serves in and can place some deep.
- C) I get about 90% of my serves in and place the majority deep.
- D) I am between Choice C and E.
- E) I get almost all of my serves in, vary the type, serve hard and deep, and can place them where I want.
- F) I am between Choice E and G.
- G) I rarely miss my serve, use a variety of shots, can spin and control them, and I get several free points from my serve each game.

2) How are my **Return of Serves and Groundstrokes**?

- A) I sometimes miss my return entirely, especially against better players.
- B) I get about 75% of my returns in and can place some deep. I hit a majority of backhands into the net.
- C) I get about 90% of my returns in and place the majority deep. My forehand is much stronger than my backhand.
- D) I am between Choice C and E.
- E) I can return almost all of the serves, long or short, fast or angled, and I can return them appropriately. My forehand and backhand are solid shot-makers.
- F) I am between Choice E and G.
- G) I can return almost all of the serves that come my way and can place the return so my opponent has to work hard to get to the kitchen line. I can drive the ball on forehand or backhand side, low and hard.

3) How is my **3rd Shot Drop**?

- A) I don't even try to do a 3rd shot drop.
- B) I understand what the 3rd shot drop is but rarely try it and with little success.
- C) I attempt the 3rd shot drop, but it often is more of a firm groundstroke drive, and I get caught in the middle of the court as I transition to the kitchen line (Non-Volley Zone).
- D) I am between Choice C and E.
- E) The 3rd shot drop is my go to transition shot, and I am able to transition to the net well to get into a dink rally with my opponents 75% of the time.
- F) I am between Choice E and G.
- G) I rarely miss a 3rd shot drop into the net; I return it with finesse.

4) How are my **Dinking skills**?

- A) I can get my dink shots over the net about half of the time, but rarely use a dink shot in a game.
- B) I am learning the importance of the dink shot and implementing occasionally in my game, but it isn't easy.
- C) I have several long dink rallies each game, and I can often hit at least 3 in a row before I make a mistake.
- D) I am between Choice C and E.

- E) I can dink patiently with most points developed from the kitchen, and it's common to have long dink rallies.
- F) I am between Choice E and G.
- G) I consistently use the dink shot with very few errors, setting up an advantage shot, and know how to dink and move effectively along the kitchen with my partner.

5) How are my **Volleys**?

- A) I almost always let the ball bounce and then hit a groundstroke rather than hit a volley.
- B) I sometimes pop the ball up, hit it into the net, out-of-bounds, or I miss it.
- C) I can control my volleys most of the time and am beginning to place them. I tend to make more mistakes on my backhand side.
- D) I am between Choice C and E.
- E) My volley is a strength; both forehand and backhand are reliable, and I can neutralize a typical banger- player.
- F) I am between Choice E and G.
- G) I rarely miss a volley shot; I place it with precision and can drop-shot it into the kitchen.

6) How is my **Lob shot**?

- A) I don't know when, where, or how to hit a lob shot, so I rarely, if ever, use it.
- B) About half of my lob shots land in-bounds, about half go out-of-bounds or short.
- C) I am learning when and how to use a lob shot, but use it more defensively from backline.
- D) I am between Choice C and E.
- E) I am good at executing the lob shot and am successful with an offensive lob from kitchen line about 75% of the time.
- F) I am between Choice E and G.
- G) I know when, where, and how to execute the Lob shot and execute it with accuracy about 90% of the time.

7) How is my **Overhead Slam / Put Away shot**?

- A) I rarely use this shot and when I do, it often goes into the net or out-of-bounds.
- B) My slam shot is not firm or very accurate 50% of the time and often second-guess myself and let the ball bounce first and then use a groundstroke.
- C) I can execute my slam shot with pace about 75% of the time but usually hit it to my opponent.
- D) I am between Choice C and E.
- E) My slam shot has pace, and I'm more consistent and can angle it accurately at least 85% of the time.
- F) I am between Choice E and G.
- G) My slam is one of my best shots: hard, fast, and accurate at least 90% of the time. I can end the point with this shot.

8) How are my **Communication Skills with my partner**?

- A) I do not communicate to my partner during a game; I play independently.
- B) I rarely talk to my partner about the game, except to say on occasion "Yours or Mine."
- C) I am beginning to communicate basic observations to my partner, like who is a Leftie, hit to the backhand, and who appears to be the weaker opponent, but my partner and I often either miss or click paddles on a shot between us because neither of us call the ball.
- D) I am between Choice C and E.
- E) I communicate often to my partner with: "Yours, Mine, No, Switch, Come Up, Stay Back, to keep our "wall intact."
- F) I am between Choice E and G.
- G) I communicate all of the time to my partner, and we function as one "unit" on the court with purpose.

9) How are my **Strategy Skills**?

- A) I don't know much about "strategy of the game" and only concentrate on getting the ball back over the net.
- B) I am learning about the soft game but can't implement it very well. I still just hit the ball back and maybe try to hit it away from my opponents. (vs. hitting to them).
- C) I am beginning to use a variety of shots and know the strategy of using certain shots at certain times; for example, 3rd shot drop, soft game, offensive lob.
- D) I am between Choice C and E.
- E) I consistently know the strategy of which shots to use and why I am using them to control the game. (Ex. Low = go, High = Fortify; when lobed both players go back).
- F) I am between Choice E and G.
- G) I understand the importance of using various strategies to keep my opponents back and controlling the game and can implement such strategies.

10) How are my **Footwork Skills**?

- A) My court movement is slow, and I struggle to cover the court.
- B) I am beginning to anticipate where the shot is going to land but still move slowly to the spot.
- C) I often know where the ball is going, stay on my toes to get there, and move correctly on the court. I am trying to get to the kitchen line and can cover most of my court area except for a good lob will give me trouble.
- D) I am between Choice C and E.
- E) I move around the court in a smooth, balanced manner, anticipating lobs and getting to the kitchen line. I can get most lobs or drop shots.
- F) I am between Choice E and G.
- G) I am like a "rabbit" on the court, moving to wherever the ball is, anticipating correctly, making the shot, and getting back into position for the next shot, almost always.