

COTTONWOOD TENNIS RATING GUIDELINE FOR DOUBLES TENNIS AND SELF RATING EVALUATION January 20, 2012

NTRP Rating Number	Cottonwood Color Code	FOREHAND	BACKHAND	SERVE	VOLLY	SPECIAL SHOTS	PLAYING STYLE	COURT MOVEMENT
1.0 to 1.5		This player has inconsistent and weak returns. Getting the ball into play is a challenge.	May try switching hands...may try to move around to turn it to a forehand shot. The shot is usually weak and erratic.	Both serves are lobs and there is usually a double fault during each turn at serve.	Volley's frequently go into the net or go long. The player does not move toward the net on a volley attempt.	The player has no consistent shot that is a strong winner. Frame shots are quite common.	No apparent game plan. Tends to stay in place until the ball comes near	May be out of position frequently. Seldom moves to cover for his or her partner. Unlikely to change position during play.
2.0		Incomplete swing; lacks directional intent. Form developing. Appears prepared for moderately paced shot	Avoids backhands; erratic contact; grip problems; incomplete swing. Opponents try to play to this person's backhand. This player may switch hands to handle backhand shots.	Incomplete service motion; double faults common; toss is inconsistent. Serve has no pace and little control. Frequent foot faults..	Reluctant to play net; avoids backhand; lacks footwork. frequently uses forehand racquet face on backhand volley.	Can lob intentionally but with little control; can make contact on overhead shots but likely to put it into the net.	Can sustain a short rally of slow pace; modest consistency; weak court coverage; usually remains in the initial doubles position	Little movement during play due to age issues or lack of strategy. Can seldom move and hit well.
2.5		Fairly consistent with some directional intent; lacks depth control. Frequently hits with strong pace and some attempt at top spin.	Frequently prepared; starting to hit with fair consistency on moderate shots. Struggles with serves to backhand but can handle most serves to forehand.	Developing rhythm; showing evidence of control and pace; little consistency when trying for power; second serve is often considerably slower than first serve.	Consistent forehand volley; inconsistent backhand volley; has trouble with low and wide shots. Seldom poaches.	Can lob fairly consistently on moderate shot. Can go down the line with some success.	Most common doubles formation is still one up, one back; approaches net when play dictates but weak in execution. On most shots, this person is not moving with purpose.	Limited movement due to age issues or lack of strategy. Usually lets lobs go and seldom runs for short or wide shots.
3.0		Good consistency and control; some topspin and usually strong pace. Can often hit a clear winner.	Good defensive shots. This player does not try to avoid backhand shots and can handle strong serves to backhand.	Starting to serve with control and some power; developing spin;. First serve is strong and second serve can frustrate opponent.	Good net play with some poaching efforts. Usually puts points away when given a volley shot opportunity. Opponents try to keep the ball away from this player at the net.	Consistent overhead on shots within reach; developing approach shots, drop shots, and half volley. Can do defensive lobs.	Good court coverage; starting to look for the opportunity to come to the net; developing teamwork in doubles. Seldom seems to stay fixed to a single position.	Movement still good; runs for short shots and can at least return the ball when hitting on the run. Shows team strategy with moves on the court.
3.5		Good consistency; hits with depth and control on moderate shots. Places shots with a clear intention to set up an offensive situation.	Directs the ball with consistency and depth on moderate shots. Can use spin. Hits frequent winners at the net with backhand.	Controls placement of both first and second serves. First serve has power and second serve has either good pace or spin. First serve is occasionally an ace.	Depth and control on forehand volley; can direct backhand volleys; developing wide and low volleys on both sides of the body. Poaches frequently	Can put away easy overheads; follows aggressive shots to the net; uses defensive lobs.	Teamwork in doubles is evident; rallies may still be lost due to impatience. Very good consistency.	Movement is fairly quick and clearly purposeful. Can regularly hit a good shot on the run. Solid side to side movement. Seems to be a "backboard" to opponents.
3.5+		Strong and consistent shots with control, depth, and spin; uses forehand to set up offensive situations; starting to develop good touch. Can go down the line or execute passing shots on a regular basis.	Can use backhand as an aggressive shot with good consistency; has good direction and depth on most shots; varies spin and pace to keep opponent off balance.	Serve is placed with intent of hitting to a weakness or developing an offensive situation; has a variety of serves to rely on; good depth, spin, and placement on most second serves to force weak return or set up next shot.	Can hit most volleys with depth, pace and direction; plays difficult volleys with depth; given an opportunity, volley is often hit for a winner. Poaches frequently.	Approach shots and passing shots are hit with pace and high degree of effectiveness; lobs offensively. Overhead shots can be hit from any position; hits mid-court volleys with consistency.	Frequently has an outstanding shot, or attribute around which game is built; can vary game plan according to opponent; this player is "match wise," and clearly has a game strategy with partner.	Anticipates shots in order to be in position to handle a shot with ease. Able to move well and can hit controlled shots while moving.