

APPL SELF-RATING ASSESSMENT



Player Name: _____	Date: _____	Dominant Hand: R / L	Target Rating: 2.5 3.0 3.5 4.0 4.5
Optional Observer / Captain: _____	Location: _____	Ball: Indoor / Outdoor	Assessment: Self / Observed

PART 1 - CONTROLLED SKILL TEST: Use a consistent feeder and the stated targets. Record successful shots in "My Score." A successful shot must land in the target and meet the control/depth standard. The Part 1 result is the highest level for which every category minimum is met.

Skill / Setup	Tries	2.5	3.0	3.5	4.0	4.5	My Score	Observer	Success Standard
DINKS - FOREHAND - CROSSCOURT 5 attempts.	5	3	4	4	5	5			From the NVZ line. Land crosscourt in the opposite diagonal kitchen. Rebound stays below net height and is unattackable.
DINKS - FOREHAND - DOWN-THE-LINE 5 attempts.	5	3	4	4	5	5			From the NVZ line. Land down-the-line in the straight-ahead kitchen. Rebound stays below net height and is unattackable.
DINKS - BACKHAND - CROSSCOURT 5 attempts.	5	3	3	4	4	5			From the NVZ line. Land crosscourt in the opposite diagonal kitchen. Rebound stays below net height and is unattackable.
DINKS - BACKHAND - DOWN-THE-LINE 5 attempts.	5	3	3	4	4	5			From the NVZ line. Land down-the-line in the straight-ahead kitchen. Rebound stays below net height and is unattackable.
3RD-SHOT DROP - TRANSITION - FOREHAND 5 attempts.	5	2	3	4	5	5			From the transition area into the kitchen. Ball arcs over the net and rebounds below net height.
3RD-SHOT DROP - TRANSITION - BACKHAND 5 attempts.	5	2	2	4	4	5			From the transition area into the kitchen. Ball arcs over the net and rebounds below net height.
3RD-SHOT DROP - BASELINE - FOREHAND 5 attempts from the baseline.	5	1	2	3	4	5			For 3.0, up to 1 ft past the NVZ may be accepted; 3.5+ should land in the kitchen and remain unattackable.
3RD-SHOT DROP - BASELINE - BACKHAND 5 attempts from the baseline.	5	1	2	3	4	5			For 3.0, up to 1 ft past the NVZ may be accepted; 3.5+ should land in the kitchen and remain unattackable.
PUNCH VOLLEY - FOREHAND 5 attempts from the NVZ.	5	3	3	3	4	5			Absorb pace with a stable paddle.
PUNCH VOLLEY - BACKHAND 5 attempts from the NVZ.	5	2	3	3	4	5			Absorb pace with a stable paddle.
BLOCK VOLLEY - FOREHAND 5 attempts from the NVZ.	5	3	3	4	4	5			Absorb pace with a stable paddle. Ball lands in the kitchen and remains unattackable.
BLOCK VOLLEY - BACKHAND 5 attempts from the NVZ.	5	2	3	3	4	5			Absorb pace with a stable paddle. Ball lands in the kitchen and remains unattackable.
OVERHEAD 5 attempts. Start at mid-court with a realistic lob feed.	5	2	3	3	4	5			Use safe footwork, contact in front, and controlled placement anywhere in bounds.
OFFENSIVE LOB 5 attempts. Start at the NVZ.	5	2	3	3	4	5			Clear the opponent's outstretched paddle and land in the back half of court; high enough to be unreachable from the NVZ.
SERVES - RIGHT COURT 5 attempts from the right service court.	5	3	3	4	4	5			2.5: legal and in bounds. 3.0+: land in the back half of the correct service court.
SERVES - LEFT COURT 5 attempts from the left service court.	5	3	3	4	4	5			2.5: legal and in bounds. 3.0+: land in the back half of the correct service court.
RETURN OF SERVE - FOREHAND 5 attempts from the appropriate court.	5	3	3	4	4	5			2.5: in bounds. 3.0+: land in the back half of court with controlled depth.
RETURN OF SERVE - BACKHAND 5 attempts from the appropriate court.	5	3	3	3	4	5			2.5: in bounds. 3.0+: land in the back half of court with controlled depth.
REFERENCE TOTAL	90	44	53	64	75	90			Reference only. Total points do not override a missed required category or the live-play result.

PART 1 RESULT: Below 2.5 | 2.5 | 3.0 | 3.5 | 4.0 | 4.5

My Result: _____

Observer Result: _____

PART 2 - APPL SKILL-LEVEL CHECKLIST

Use this checklist to identify the highest level whose skills are consistently demonstrated.



Check each item that the player can perform reliably. All lower-level standards should also be demonstrated before selecting a higher rating. Use controlled-skill results from Part 1 together with these skill-level expectations.

A. THREE-GAME LIVE-PLAY RECORD

Game	My / Team Score	Opponent Score	Win / Loss	Observer Initial	Notes on Play / Opponent Level
1					
2					
3					

SKILLS REQUIRED BY RATING LEVEL

Level	Ball Skills / Shot Requirements	Movement / Strategy / Partner Skills	Complete
2.5	☐ Serve is legal and in bounds. ☐ Return of serve is in bounds. ☐ Forehand and backhand dinks are controlled into the kitchen. ☐ Basic volleys and overheads are controlled and in bounds.	☐ Knows basic rules and scoring. ☐ Moves forward for dinks and volleys instead of staying at the baseline. ☐ Tracks the ball and moves laterally with a partner. ☐ Maintains a basic ready position and keeps the ball in play.	☐ Self ☐ Observer
3.0	☐ Serves and returns reach the back half of the correct court with control. ☐ Forehand and backhand dinks can be played crosscourt and down-the-line. ☐ Uses a third-shot drop or a controlled drive/drop pattern during play. ☐ Punch volleys have depth; block volleys soften the ball into the kitchen.	☐ Does not back away from the NVZ line unnecessarily. ☐ Adjusts to different ball speeds while maintaining control. ☐ Returns and moves forward toward the NVZ. ☐ Begins using partner communication and basic middle-ball coverage.	☐ Self ☐ Observer
3.5	☐ Changes dink direction with purpose and keeps dinks unattackable. ☐ Uses forehand and backhand drops from transition and baseline positions. ☐ Controls volley exchanges at the net. ☐ Can reset or slow down an attack and speeds up only when appropriate.	☐ Moves through transition with a partner rather than independently. ☐ Stops and becomes balanced before opponent contact when possible. ☐ Communicates about movement, middle balls, and strategy. ☐ Chooses drop, drive, reset, or attack based on ball height and court position.	☐ Self ☐ Observer
4.0	☐ Demonstrates directional control, pace, and consistency on drops, dinks, volleys, and groundstrokes. ☐ Uses targeted serves and returns with reliable depth. ☐ Selects attacks, counters, and resets appropriately. ☐ Maintains patience in dink rallies and avoids forcing low-percentage shots.	☐ Transitions with a partner and maintains effective spacing. ☐ Protects the middle and recognizes attackable vs. unattackable balls. ☐ Constructs points with purposeful placement. ☐ Maintains balance, court position, and decision-making under pressure.	☐ Self ☐ Observer
4.5	☐ Controls the pace of play with consistent drops, resets, dinks, volleys, and groundstrokes. ☐ Turns neutral balls into offensive opportunities with purposeful placement. ☐ Defends hard attacks and counters effectively. ☐ Minimizes unforced errors while applying pressure against players near the target level.	☐ Anticipates well and adjusts positioning early. ☐ Works seamlessly with a partner in transitions and at the NVZ. ☐ Constructs points patiently and adapts strategy to the opponent. ☐ Maintains high-level court coverage, communication, and pressure throughout the point.	☐ Self ☐ Observer

CHECKLIST RESULT

Target Rating	Checklist Level

Highest checklist level = the highest level for which the player consistently demonstrates that level AND all lower-level skills. Use this checklist as support for the controlled-skill results on Page 1.

Player: _____ Observer / Captain: _____ Date: _____