

# DESCRIPTION OF STANDARD

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ITN	Gen Ref (*)	Nat Rating (**)	GENERAL COMPETITIVE LEVEL	SERVE	RETURN	BASELINE GAME	APPROACHING / NET	PASSING NET PLAYER
1	Elite / High Performance		<ul style="list-style-type: none"> <li>Currently holds or is capable of holding an ATP / WTA ranking.</li> <li>A world-class player who is committed to tournament competition on an international level and whose major source of income is tournament prize-money.</li> <li>Has extensive professional tournament experience.</li> </ul>					
2	Advanced		<ul style="list-style-type: none"> <li>Can analyze and exploit an opponent's weakness.</li> <li>Can vary strategies and style of play and is capable of hitting dependable shots in stressful situations.</li> <li>Usually a highly ranked national player.</li> </ul>	<ul style="list-style-type: none"> <li>First and second serve can be relied upon in stressful situations and can be hit offensively at any time.</li> </ul>	<ul style="list-style-type: none"> <li>Has developed good anticipation for both returns.</li> <li>Can pick up cues from an opponent's preparation, toss, back swing and body position.</li> </ul>	<ul style="list-style-type: none"> <li>Capable of hitting dependable shots in stressful situations.</li> <li>Can attack, counter-attack and defend effectively with both forehand and backhand.</li> <li>Can play a full range of shots.</li> </ul>	<ul style="list-style-type: none"> <li>Hits slice or drive approaches.</li> <li>Anticipates well at the net and has good court sense.</li> <li>Can use angles or play deep effectively.</li> <li>Volleys aggressively.</li> <li>Overhead is invariably a winner.</li> <li>Backhand overhead is also strong.</li> </ul>	<ul style="list-style-type: none"> <li>Improvises and passes very well off both sides and from the return of serve.</li> <li>Is able to use the two-shot passing combinations very effectively.</li> </ul>
3			<ul style="list-style-type: none"> <li>Good shot anticipation and frequently has an outstanding shot, consistency or attribute around which a game may be based.</li> <li>The player is 'match wise', plays percentage tennis and can regularly hit winning return of serve or force errors in the return of serve from short balls.</li> </ul>	<ul style="list-style-type: none"> <li>Serve is placed effectively with the intent of hitting to a weakness or developing an offensive situation.</li> <li>Has a variety of serves to rely on.</li> <li>Good depth, spin and placement on most second serves to force a weak return or to set up the next shot.</li> </ul>	<ul style="list-style-type: none"> <li>Can mix up aggressive and off-paced return of serve with control, depth and spin.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand is strong with control, depth and spin.</li> <li>Uses forehand to set up offensive situations.</li> <li>Backhand is used as an aggressive shot with good consistency.</li> <li>Has good direction and depth on most shots.</li> <li>Has developed good touch.</li> <li>Varies spin.</li> </ul>	<ul style="list-style-type: none"> <li>Approach shots are hit with pace and a high degree of effectiveness.</li> <li>Can hit most volleys with depth, pace and direction.</li> <li>Plays difficult volleys with depth.</li> <li>When given the opportunity, the volley is often hit for a winner.</li> <li>Overheads can be hit from any position.</li> <li>Hits mid-court volleys with consistency.</li> </ul>	<ul style="list-style-type: none"> <li>Consistent on passing shots and hits them with pace and a high degree of effectiveness.</li> <li>Can lob offensively.</li> </ul>
4			<ul style="list-style-type: none"> <li>Consistent play, capable of generating power and spin effectively and has begun to handle pace.</li> <li>Has good anticipation, sound footwork and covers up weaknesses well.</li> <li>Can control the depth of shots and is beginning to vary game plans according to opponents.</li> <li>Although tentative on difficult shots, this player can hit first serves with power and accuracy and place the second serve.</li> <li>Aggressive net play is common in doubles.</li> </ul>	<ul style="list-style-type: none"> <li>Has an aggressive serve and commits few double-faults.</li> <li>Power and spin can be used effectively to set up offensive situations, especially on first serves.</li> <li>Second serves are typically well placed and deep.</li> </ul>	<ul style="list-style-type: none"> <li>Often hits aggressive return of serve.</li> <li>Can take pace off with moderate success in doubles.</li> <li>Can chip and drive and chip and charge with success.</li> </ul>	<ul style="list-style-type: none"> <li>Very consistent (dependable) forehand.</li> <li>Uses speed and spin effectively.</li> <li>Controls depth well, but tends to over-hit when rushed or when pressing.</li> <li>Offensive on moderate shots.</li> <li>Backhand can control direction and depth but may break down under pressure.</li> <li>Has a reasonable slice.</li> </ul>	<ul style="list-style-type: none"> <li>Approach shots hit with good depth and control.</li> <li>Can handle a mixed sequence of volleys.</li> <li>Has depth and directional control on backhand volley.</li> <li>Can consistently hit volleys and overheads to end the point.</li> <li>Developing touch and good footwork, however the most common error is still over-hitting.</li> </ul>	<ul style="list-style-type: none"> <li>Able to lob defensively and offensively.</li> <li>Able to pass the net player with a reasonable amount of effectiveness.</li> </ul>
5		Intermediate		<ul style="list-style-type: none"> <li>Good consistency (dependable strokes) including directional control and depth on both forehand and backhand sides on moderate shots, although rallies may be lost due to impatience.</li> <li>Ability to use lobs, overheads, approach shots and volleys with some success.</li> <li>Developing court coverage, experienced and tactically aware but not yet playing good percentage tennis.</li> <li>Occasionally forces errors in return of serve when serving.</li> <li>Teamwork in doubles is evident.</li> </ul>	<ul style="list-style-type: none"> <li>Placement of both first and second serve is evident.</li> <li>First serve is often hit powerfully.</li> <li>Some use of spin.</li> </ul>	<ul style="list-style-type: none"> <li>Has a dependable return of serve.</li> <li>Can return with depth in singles and vary the return in doubles.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand is consistent and hits with depth and control on moderate shots, but placement can suffer when under pressure.</li> <li>Backhand can direct the ball with consistency and depth on moderate shots.</li> <li>Developing spin and may be able to use a bit of both topspin and slice.</li> </ul>	<ul style="list-style-type: none"> <li>Follows aggressive shots to the net.</li> <li>Has depth and control on the forehand volley.</li> <li>Can direct backhand volleys, but usually lacks depth.</li> <li>Is developing wide and low volleys on both sides.</li> <li>Can put away easy overheads.</li> <li>Can poach in doubles.</li> <li>Beginning to finish point off.</li> <li>Can hit to an opponent's weakness.</li> </ul>

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6	Intermediate		<ul style="list-style-type: none"> <li>Has achieved improved stroke consistency with directional control on moderate shots but with little depth and variety.</li> <li>Court coverage is improving yet there remains some hesitancy in moving forward.</li> <li>Is developing teamwork in doubles.</li> </ul>	<ul style="list-style-type: none"> <li>Starting to serve with control and some power.</li> <li>Developing spin.</li> </ul>	<ul style="list-style-type: none"> <li>Can return serve consistently with directional control on medium-paced shots.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand is quite consistent, varied on moderate shots and is played with directional control and some spin.</li> <li>Backhand is hit with directional control on moderate shots however difficulty is experienced on high and hard shots, which are often returned defensively.</li> <li>Will use either backhand drive or slice almost exclusively.</li> </ul>	<ul style="list-style-type: none"> <li>Is developing approach shots and starting to look for the opportunity to come in to the net.</li> <li>More aggressive net play.</li> <li>Can direct forehand volleys, controls backhand volley but with little offence.</li> <li>Has difficulty in putting volleys away and in playing half volleys.</li> <li>Is capable of covering some passing shots and typically uses proper footwork.</li> <li>Consistent overhead on shots within reach.</li> </ul>	<ul style="list-style-type: none"> <li>Can lob fairly consistently on faster paced shots.</li> <li>Developing basic passing shot ability but has difficulty in playing a pass with the backhand.</li> </ul>
7			<ul style="list-style-type: none"> <li>Fairly consistent when hitting moderately paced shots but is not comfortable playing all strokes and can lack control when trying for direction, depth or power.</li> <li>A singles match will be played almost exclusively from the baseline, whilst the most common doubles formation is one-up, one-back.</li> </ul>	<ul style="list-style-type: none"> <li>Is developing a rhythm, although is less consistent when trying for power.</li> <li>Second serve is often substantially slower than the first serve.</li> </ul>	<ul style="list-style-type: none"> <li>Can return serve with reasonable consistency with the majority returned to the middle of the court.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand is fairly consistent with some directional intent but has little control of depth.</li> <li>Backhand is starting to become fairly consistent on moderate shots with most of the balls directed to the middle of the court.</li> </ul>	<ul style="list-style-type: none"> <li>Approaches the net when play dictates it but needs to improve its execution.</li> <li>Has a consistent forehand volley, but is less consistent on the backhand volley.</li> <li>Has difficulty volleying shots played low and wide.</li> <li>Sometimes caught out of position and can tend to take too large a swing.</li> </ul>	<ul style="list-style-type: none"> <li>Can lob fairly consistently on moderate shots and often uses it on the return of serve instead of a drive.</li> </ul>
8	Recreational		<ul style="list-style-type: none"> <li>Learning to judge where the ball is going, although court coverage needs to be improved substantially.</li> <li>When playing with other players of the same ability this player can sustain a short rally of slow pace with modest consistency.</li> <li>Usually remains in the initial doubles position during doubles play.</li> </ul>	<ul style="list-style-type: none"> <li>Attempting a full swing.</li> <li>There is little difference between the pace of first and second serves.</li> <li>Gets the ball in play at a slow pace.</li> <li>Toss needs to be more consistent.</li> </ul>	<ul style="list-style-type: none"> <li>Can return a slow paced serve.</li> <li>Will often have an abbreviated follow through.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand form is developing.</li> <li>Player is positioned and prepared for moderately paced shots.</li> <li>Backhand grip and preparation problems may be evident and the player will often choose to hit a forehand instead of a backhand.</li> </ul>	<ul style="list-style-type: none"> <li>Approaches the net only when forced to. Needs to spend more time at the net to build some confidence.</li> <li>Is currently uncomfortable at the net, especially on the backhand side and will frequently use forehand side of the racket face to play backhand volleys.</li> <li>Can make contact on overhead.</li> </ul>	<ul style="list-style-type: none"> <li>Can lob intentionally but with little control.</li> <li>Will often play back to the opponent.</li> </ul>
9			<ul style="list-style-type: none"> <li>Needs on-court experience.</li> <li>While strokes can be completed with some success, stroke weaknesses are evident.</li> <li>Is familiar with basic positions for singles and doubles play, although needs better positioning and may even prefer to play both back.</li> <li>This player has begun to engage in match play.</li> <li>Is learning the basic rules and scoring.</li> </ul>	<ul style="list-style-type: none"> <li>Service motion is not continuous and needs more co-ordination.</li> <li>Toss needs to be more consistent and controlled.</li> <li>Double-faults are quite common.</li> </ul>	<ul style="list-style-type: none"> <li>Return of serve needs to be more consistent in order to reduce unforced errors.</li> <li>Will attempt to return almost exclusively with forehand.</li> </ul>	<ul style="list-style-type: none"> <li>Forehand needs to have a more complete swing and more directional intent.</li> <li>Reluctance to play backhand is clear and experiences several technical problems on this side (i.e. grip, swing, contact).</li> </ul>	<ul style="list-style-type: none"> <li>Not yet familiar with approach and net play.</li> <li>Will look to play forehand volley exclusively and has problems making contact on overheads.</li> </ul>	<ul style="list-style-type: none"> <li>Experiences difficulties lobbing intentionally.</li> <li>Is not accustomed to playing a pass and will typically hit the ball straight back to the opponent.</li> </ul>
10	<p>This player is starting to play competitively (can serve and return / rally) on a full court using a normal ITF approved ball.</p>							
10.1	Starter		<ul style="list-style-type: none"> <li>The player is able to rally with movement and control.</li> </ul>					
10.2			<ul style="list-style-type: none"> <li>The player has developed some simple tennis-specific skills in hitting an oncoming ball regularly, however rallying with movement and control is not yet achieved.</li> </ul>					
10.3			<ul style="list-style-type: none"> <li>The player is in the early stages of tennis skills development and is primarily learning simple tennis co-ordination tasks / exercises.</li> </ul>					

The ITN 10.1 to 10.3 categories will usually involve playing in a modified environment e.g. using transition / soft balls on a reduced court and / or using adapted rackets as appropriate.

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