

# Skill-Level Checklist & Tracker

Print or save – check off skills as you improve and see your level rise.

## Self-Assessment Checklist

- I can sustain a rally of 10+ shots.
- I can dink cross-court without popping the ball up.
- My serves land deep and with control.
- I can execute a third-shot drop from the baseline.
- I have quick, controlled volleys at the net.
- I recover to the middle after every shot.
- I move my opponent with intentional placement.
- I can vary pace and spin effectively.
- I rarely make unforced errors under pressure.
- I am comfortable playing in tournaments.

## Level Summary Chart

1.0-1.5	Novice
2.0-2.5	Advanced Beginner
3.0	Intermediate
3.5	Advanced Intermediate
4.0	Advanced
4.5	Expert
5.0+	Professional

## Progress Tracker

Date: \_\_\_\_\_ Current Level: \_\_\_\_\_ Goal Level: \_\_\_\_\_

Next Skills to Work On: \_\_\_\_\_

 [Download Checklist \(PDF\)](#)