



Skill-Level Checklist & Tracker

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



Self-Assessment Checklist

- ☐ Sustain a rally of 10+ shots consistently.
- ☐ Dink cross-court without popping the ball up.
- ☐ Land my serves deep and with control.
- ☐ Execute a third-shot drop from the baseline.
- ☐ Display quick, controlled volleys at the net.
- ☐ Recover to the middle after every shot.
- ☐ Move my opponent with intentional placement.
- ☐ Vary pace and spin effectively.
- ☐ Rarely make unforced errors under pressure.
- ☐ Feel 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: _____