



STAR TENNIS ACADEMY CRITERIA FOR ADVANCEMENT



NOTE: This program is expected to accommodate players into high school. Measure your success in each level by the improvement of your individual skills. Advancement and development of your skills will require multiple sessions at each level. Along with the criteria listed below, advancement is also based on the player's behavior, effort, and mental and physical ability, all of which develop with age.

LEVEL ONE PLAYERS MUST MEET THE FOLLOWING CRITERIA TO ADVANCE TO LEVEL TWO

- Know the differences between a forehand and backhand and can demonstrate both
- Has learned basic racquet control such as bouncing the ball up and bouncing the ball down with control and consistency
 - Can hit a forehand over the net with consistency from "no man's" land
 - Can identify the lines and areas of the tennis court
 - Follows directions in a group setting

LEVEL TWO PLAYERS MUST MEET THE FOLLOWING CRITERIA TO ADVANCE TO LEVEL THREE

- Meet all criteria of the previous level
- Can run to a fed ball and hit a forehand to a designated area with consistency
- Can hit a backhand over the net with consistency from "no man's" land
 - Can sustain a rally consisting of two or more shots
- Exhibits proper footwork and weight transfer for forehand and backhand

LEVEL THREE PLAYERS MUST MEET THE FOLLOWING CRITERIA TO ADVANCE TO LEVEL FOUR

- Meet all criteria of the previous levels
 - Can hit forehands on the run
- Can run to a fed ball and hit a backhand to a designated area with consistency
 - Can sustain a rally consisting of five or more shots
- Knows and demonstrates proper positioning for singles and both back doubles play
 - Can perform the basic service motion

LEVEL FOUR PLAYERS MUST MEET THE FOLLOWING CRITERIA TO ADVANCE TO LEVEL FIVE

- Meet all criteria of the previous levels
- Knows the basic rules of tennis and basic tennis etiquette
 - Is able to keep score using regular and no-ad scoring
 - Can serve the ball over the net
- Can hit forehand and backhand volleys, though may not be comfortable at the net
 - Can hit backhands when appropriate instead of relying on the forehand
- Can hit five or more overheads into the opponent's court from the air or after the bounce
 - Can demonstrate use of a continental grip

LEVEL FIVE PLAYERS MUST MEET THE FOLLOWING CRITERIA TO ADVANCE TO LEVEL SIX

- Meet all criteria of the previous levels
- Can hit both forehands and backhands with consistency
 - Can use a loop motion when hitting ground strokes
 - Can hit forehands with topspin
- Can serve into the correct box with consistency and some pace
 - Has a reliable second serve
- Uses proper footwork and is beginning to anticipate opponent's shot selection and placement
 - Knows and demonstrates proper positioning for front / back doubles play
- Can execute all four shots in the approach-forehand volley-backhand volley-overhead drill

LEVEL SIX PLAYERS MUST MEET THE FOLLOWING CRITERIA TO ADVANCE TO LEVEL SEVEN

- Meet all criteria of the previous levels
- Changes grip for forehands and backhands
 - Can hit backhands with topspin
- Can volley with forehand and backhand consistently
- Can move opponent around the court by hitting near sidelines
- Knows and demonstrates proper doubles court positioning including front/back play and poaching
 - Can hit with a continental grip for volleys and serve
 - Can aim 1st serves to opponent's weakness
 - Can demonstrate a slice backhand

LEVEL SEVEN PLAYERS MUST MEET THE FOLLOWING CRITERIA TO ADVANCE TO LEVEL EIGHT

- Meet all criteria of the previous levels
- Has had a minimum of USTA Challenger Level tournament or high school level match experience
 - Can return an opponents deep lob or high topspin by taking the ball on the rise
 - Hits 2nd serve with spin and aims to opponent's weakness
 - Because of use of spin, hits 2nd serve harder than 1st serve
- Has a 1st serve percentage greater than 40%, and a second serve percentage of greater than 60%
 - Can serve consistently using a continental grip
 - Has consistent placement of overheads
 - Displays strategy in singles and doubles play
 - Can use the volley to open the court or finish points

LEVEL EIGHT PLAYERS MUST MEET THE FOLLOWING CRITERIA TO ADVANCE TO LEVEL NINE

- Meet all criteria of the previous levels
- Can hit forehand and backhand ground strokes with good depth, consistency, and power
 - Hits an aggressive 1st serve
- Has a 1st serve percentage greater than 60%, and a 2nd serve percentage of greater than 80%
 - Uses a continental grip on serves and is mastering the continental grip on volleys
 - Hits second serves with a great deal of spin
 - Can hit topspin serves
 - Demonstrates good anticipation and court coverage
- Can put away a high percentage of overheads from anywhere on the court
 - Varies trajectory of shots
 - Can routinely finish points by coming to the net

LEVEL NINE PLAYERS MUST MEET THE FOLLOWING CRITERIA TO ADVANCE TO LEVEL TEN

- Meet all criteria of the previous levels
- Has excellent consistency, accuracy, power, and mobility
- Has produced a weapon around which his/her game is built
 - Places 1st and 2nd serves with accuracy, pace, and spin
 - Can vary strategy based on opponent and conditions
 - Uses continental grip for serves and volleys
- Can hit a slice backhand as a recovery shot or as an approach shot
 - Is equally comfortable and effective at the baseline and the net
- Has had a substantial amount of success in USTA tournaments and or high school play