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		• Currently holds or is capable of holding an ATP / WTA ranking. • A world-class player who is committed to tournament competition on an international level and whose major source of income is tournament prize-money. • Has extensive professional tournament experience.					
2	Advanced		• Can analyze and exploit an opponent's weakness. • Can vary strategies and style of play and is capable of hitting dependable shots in stressful situations. • Usually a highly ranked national player.	• First and second serve can be relied upon in stressful situations and can be hit offensively at any time.	• Has developed good anticipation for both returns. • Can pick up cues from an opponent's preparation, toss, back swing and body position.	• Capable of hitting dependable shots in stressful situations. • Can attack, counter-attack and defend effectively with both forehand and backhand. • Can play a full range of shots.	• Hits slice or drive approaches. • Anticipates well at the net and has good court sense. • Can use angles or play deep effectively. • Volleys aggressively. • Overhead is invariably a winner. • Backhand overhead is also strong.	• Improvises and passes very well off both sides and from the return of serve. • Is able to use the two-shot passing combinations very effectively.
3			• Good shot anticipation and frequently has an outstanding shot, consistency or attribute around which a game may be based. • 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.	• Serve is placed effectively with the intent of hitting to a weakness or developing an offensive situation. • Has a variety of serves to rely on. • Good depth, spin and placement on most second serves to force a weak return or to set up the next shot.	• Can mix up aggressive and off-paced return of serve with control, depth and spin.	• Forehand is strong with control, depth and spin. • Uses forehand to set up offensive situations. • Backhand is used as an aggressive shot with good consistency. • Has good direction and depth on most shots. • Has developed good touch. • Varies spin.	• Approach shots are hit with pace and a high degree of effectiveness. • Can hit most volleys with depth, pace and direction. • Plays difficult volleys with depth. • When given the opportunity, the volley is often hit for a winner. • Overheads can be hit from any position. • Hits mid-court volleys with consistency.	• Consistent on passing shots and hits them with pace and a high degree of effectiveness. • Can lob offensively.
4			• Consistent play, capable of generating power and spin effectively and has begun to handle pace. • Has good anticipation, sound footwork and covers up weaknesses well. • Can control the depth of shots and is beginning to vary game plans according to opponents. • Although tentative on difficult shots, this player can hit first serves with power and accuracy and place the second serve. • Aggressive net play is common in doubles.	• Has an aggressive serve and commits few double-faults. • Power and spin can be used effectively to set up offensive situations, especially on first serves. • Second serves are typically well placed and deep.	• Often hits aggressive return of serve. • Can take pace off with moderate success in doubles. • Can chip and drive and chip and charge with success.	• Very consistent (dependable) forehand. • Uses speed and spin effectively. • Controls depth well, but tends to over-hit when rushed or when pressing. • Offensive on moderate shots. • Backhand can control direction and depth but may break down under pressure. • Has a reasonable slice.	• Approach shots hit with good depth and control. • Can handle a mixed sequence of volleys. • Has depth and directional control on backhand volley. • Can consistently hit volleys and overheads to end the point. • Developing touch and good footwork, however the most common error is still over-hitting.	• Able to lob defensively and offensively. • Able to pass the net player with a reasonable amount of effectiveness.
5	Intermediate		• 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. • Ability to use lobs, overheads, approach shots and volleys with some success. • Developing court coverage, experienced and tactically aware but not yet playing good percentage tennis. • Occasionally forces errors in return of serve when serving. • Teamwork in doubles is evident.	• Placement of both first and second serve is evident. • First serve is often hit powerfully. • Some use of spin.	• Has a dependable return of serve. • Can return with depth in singles and vary the return in doubles.	• Forehand is consistent and hits with depth and control on moderate shots, but placement can suffer when under pressure. • Backhand can direct the ball with consistency and depth on moderate shots. • Developing spin and may be able to use a bit of both topspin and slice.	• Follows aggressive shots to the net. • Has depth and control on the forehand volley. • Can direct backhand volleys, but usually lacks depth. • Is developing wide and low volleys on both sides. • Can put away easy overheads. • Can poach in doubles. • Beginning to finish point off. • Can hit to an opponent's weakness.	• Able to lob defensively on difficult shots and offensively to set up the point.

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6	Intermediate		• Has achieved improved stroke consistency with directional control on moderate shots but with little depth and variety. • Court coverage is improving yet there remains some hesitancy in moving forward. • Is developing teamwork in doubles.	• Starting to serve with control and some power. • Developing spin.	• Can return serve consistently with directional control on medium-paced shots.	• Forehand is quite consistent, varied on moderate shots and is played with directional control and some spin. • Backhand is hit with directional control on moderate shots however difficulty is experienced on high and hard shots, which are often returned defensively. • Will use either backhand drive or slice almost exclusively.	• Is developing approach shots and starting to look for the opportunity to come in to the net. • More aggressive net play. • Can direct forehand volleys, controls backhand volley but with little offence. • Has difficulty in putting volleys away and in playing half volleys. • Is capable of covering some passing shots and typically uses proper footwork. • Consistent overhead on shots within reach.	• Can lob fairly consistently on faster paced shots. • Developing basic passing shot ability but has difficulty in playing a pass with the backhand.
7			• 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. - A singles match will be played almost exclusively from the baseline, whilst the most common doubles formation is one-up, one-back.	• Is developing a rhythm, although is less consistent when trying for power. • Second serve is often substantially slower than the first serve.	• Can return serve with reasonable consistency with the majority returned to the middle of the court.	• Forehand is fairly consistent with some directional intent but has little control of depth. • Backhand is starting to become fairly consistent on moderate shots with most of the balls directed to the middle of the court.	• Approaches the net when play dictates it but needs to improve its execution. • Has a consistent forehand volley, but is less consistent on the backhand volley. • Has difficulty volleying shots played low and wide. • Sometimes caught out of position and can tend to take too large a swing.	• Can lob fairly consistently on moderate shots and often uses it on the return of serve instead of a drive.
8	Recreational		• Learning to judge where the ball is going, although court coverage needs to be improved substantially. • When playing with other players of the same ability this player can sustain a short rally of slow pace with modest consistency. • Usually remains in the initial doubles position during doubles play.	• Attempting a full swing. • There is little difference between the pace of first and second serves. • Gets the ball in play at a slow pace. • Toss needs to be more consistent.	• Can return a slow paced serve. • Will often have an abbreviated follow through.	• Forehand form is developing. • Player is positioned and prepared for moderately paced shots. • Backhand grip and preparation problems may be evident and the player will often choose to hit a forehand instead of a backhand.	• Approaches the net only when forced to. • Needs to spend more time at the net to build some confidence. • 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. • Can make contact on overhead.	• Can lob intentionally but with little control. • Will often play back to the opponent.
9			• Needs on-court experience. • While strokes can be completed with some success, stroke weaknesses are evident. • Is familiar with basic positions for singles and doubles play, although needs better positioning and may even prefer to play both back. • This player has begun to engage in match play. • Is learning the basic rules and scoring.	• Service motion is not continuous and needs more co-ordination. • Toss needs to be more consistent and controlled. • Double-faults are quite common.	• Return of serve needs to be more consistent in order to reduce unforced errors. • Will attempt to return almost exclusively with forehand.	• Forehand needs to have a more complete swing and more directional intent. • Reluctance to play backhand is clear and experiences several technical problems on this side (i.e. grip, swing, contact).	• Not yet familiar with approach and net play. • Will look to play forehand volley exclusively and has problems making contact on overheads.	• Experiences difficulties lobbing intentionally. • Is not accustomed to playing a pass and will typically hit the ball straight back to the opponent.
10			• This player is starting to play competitively (can serve and return / rally) on a full court using a normal ITF approved ball.					
10.1	Starter		• The player is able to rally with movement and control.					
10.2			• 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.		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.			
10.3			• The player is in the early stages of tennis skills development and is primarily learning simple tennis co-ordination tasks / exercises.					

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