

## **SKILL LEVEL DESCRIPTIONS:**

**Beginner:** 10yr and under, new to the sport, prior training less than 6 months

**Intermediate:** 10yr+ with some training (6 months to a year), still learning fundamentals, has some success with ball control, still learning proper form, attempts basic skills but very inconsistent, can occasionally overhand serve

**Advanced:** 11yr+ has been training a year or more, has played rec or league for at least 1 year, has good ball control, knows proper passing/hitting/serving form and can execute properly most of the time, can overhand serve but not consistently, knows basic defensive moves, plays game comfortably with ability to keep up and not interrupt rallies.

**Club Ready:** 11yr+, can overhand serve consistently, has played rec/league 2 or more years, has played club before, knows and uses proper skill execution most of the time including hitting footwork, passing form, consistent serve/receive passing, and has excellent ball control, strong athleticism, knows and can play the game well.

### **Appropriate Programs for Skill Levels:**

Beginner- Youth Development Program

Intermediate- Youth Development Program, Grass Doubles League, May open gyms

Advanced- Ballistic MS Clinics and Camps, Ballistic Open Gyms, Private or Group Lessons, Grass Doubles League, May open gyms

Club Ready- Ballistic MS Clinics and Camps, Ballistic Open Gyms, Private or Group Lessons, Grass Doubles League