



# Rainbow player levels



The descriptions below are meant to act as a guide to assist you with being able to meet other players and to be able to join the correct activities that take place on the courts.

It is up to you to decide where you fit and you might be a combination of colours. The coaches can also help you to decide.

These levels do not determine who would beat who in a match. It might be that a green player can beat a blue player. There are many factors other than those which have been described below.

When an activity is provided the colours will be used to indicate who the activity is most appropriate for. This will mean that the content of the activity will assume everybody can display the skills listed. This will then help you decide if that activity will benefit you.

If you get it wrong, it doesn't matter, you can just adjust yourself. They are not rigid and are not strictly a ladder to climb up.



You may be new to tennis. You may have not played for a long time. You stand close to the net and can have a short rally of shots.



You may have completed a beginner's course. Have a short rally from the back of the court. Able to serve. Play points and have a game of tennis.



You may have completed or are attending an improvers course. Play forehands and backhands from the back of the court. Reliably serve and often get your first serve into the court. Able to play volleys.



You might be attending an intermediate course. Control rallies and are choose where to play the ball. Often play volleys during a rally. Play straight and crosscourt along with short and deep shots.



You can play all the shots and apply spin. Serve and the second bounce will be behind the baseline. Hit the ball harder and more aggressively.



You win points with your serve. Play long rallies from the back of the court both backhand and forehand. Play slice and topspin on both sides of the court. Volley regularly at the net. Choose where your serve is going to land.

You play a best of 3 sets match and adapt your game to compete with different opponent.

