

Objective Performance-Based Skill Assessment Framework

Adult Tennis Coaching

1. Purpose

UQ Sport – Tennis implements an **Objective Performance-Based Skill Assessment Framework** to determine appropriate player placement within Beginner, Intermediate, and Advanced training groups.

The purpose of this framework is to:

- Ensure accurate and consistent level placement
- Maintain appropriate training standards
- Provide measurable development pathways
- Promote fairness, transparency, and accountability in player evaluation

Placement decisions are based solely on demonstrated on-court performance.

2. Assessment Philosophy

2.1 Objective Assessment

An objective assessment is one that measures performance using clearly defined, observable, and quantifiable criteria.

Examples include:

- Number of consecutive rally shots completed
- Percentage of successful services from a fixed number of attempts
- Percentage of returns placed in play
- Successful execution rate of structured drills

All benchmarks are established prior to assessment and are applied consistently to every participant.

Assessment outcomes are determined by recorded performance data rather than subjective opinion.

This assessment is based on what a player can demonstrate consistently on court, not on self-evaluation, reputation, or previous experience.

2.2 Skill-based Evaluation

The assessment evaluates core tennis competencies across technical, tactical, and physical domains, including:

- Groundstroke consistency and control
- Serve effectiveness and reliability
- Return of serve
- Net play execution
- Movement and court recovery
- Tactical awareness and decision making

Players are evaluated through structured drills and supervised live-play scenarios designed to measure these competencies under controlled conditions.

Match results alone do not determine placement.

3. Assessment Process

Each participant will complete:

1. Standardised skill drills
2. Controlled fed-ball exercises
3. Structures competitive scenarios (e.g. tie-break or point-based observation)

Where applicable performance will be recorded numerically (e.g. successful attempts out of 20 trials).

All results are documented and assessed against predetermined level benchmarks.

Final placement is based on cumulative performance across all evaluated categories.

4. Fairness and Standardisation

UQ Sport is committed to maintaining fairness and integrity in all assessments. This is achieved through:

4.1 Standardised Conditions

All players complete identical drills under consistent court conditions and instructions.

4.2 Pre-defined Benchmarks

Performance standards are established prior to assessment and are not modified based on individual circumstances.

4.3 Equal Opportunity

Each participant is provided the same number of attempts and evaluation criteria.

4.4 Data-based Decisions

Level placement is determined by measurable outcomes and observable competencies.

4.5 Periodic Re-assessment

Players may be re-assessed periodically to ensure placement remains aligned with current ability.

5. Commitment to Player Development

This framework ensures:

- Appropriate training intensity and challenge
- Balanced group dynamics
- Clear progression pathways
- Transparent performance expectations

The Objective Performance-Based Skill Assessment Framework supports UQ Sport's commitment to high coaching standards, structured development, and equitable player placement.

Assessment Level Criteria

Level	Description	Required Skills	Skills Assessment	Additional Information
Beginner 1	Players who are brand new to tennis or have very limited experience. Focus on learning basic rules, grips, and stroke mechanics.	There is no prerequisite to this course, however basic catching skills and motor skills will be advantageous to improve at a faster pace.	-	-
Beginner 2	Players who understand the basics and can sustain short rallies. Focus on improving consistency and basic footwork.	<p>Groundstrokes: Inconsistent direction of forehand and backhands.</p> <p>Footwork: Often stationary while hitting, not effective movement.</p> <p>Serve: Can start a point using an underhand or simple overhand serve.</p> <p>Net play: Can make contact at the net but with limited accuracy.</p> <p>Basic strategy: Understands point construction but lacks consistency in execution.</p>	<p>Rally: 7+ shots from behind the service line. Minimum 5 shots from the baseline.</p> <p>Groundstrokes: 5 out of 20 shots forehand and backhand into the selected half court.</p> <p>Volleys: 5 out of 20 into the selected service box or backcourt.</p> <p>Serve: 5 out of 20 service in the service box.</p> <p>Consistency: Can hit cross-court and down the line with limited accuracy.</p>	Scoring and rules Knows basic rules and can keep score.
Intermediate 1	Players who can rally consistently and have moderate control over direction and depth. Focus on enhancing power, accuracy and movement.	<p>Groundstrokes: Consistent forehand and backhand with basic topspin.</p> <p>Footwork: Moves to the ball effectively but recovery is slow.</p> <p>Serve: Can hit a flat or slice serve with moderate accuracy.</p> <p>Net play: Can execute basic volleys but struggles with positioning.</p> <p>Basic strategy: Understands point construction but lacks consistency in execution.</p>	<p>Rally: 10+ shots from behind the baseline in the rally.</p> <p>Groundstrokes: 10 out of 20 shots forehand and backhand into the selected half court (ability to play both cross court and down the line shots).</p> <p>Volleys: 10 out of 20 volleys into the selected service box or backcourt</p> <p>Serve: 8 out of 20 serves in the service box; can vary speed.</p> <p>Consistency: Can hit cross-court and down the line with moderate accuracy.</p>	Match Play Can sustain baseline rallies but struggles with finishing points.

<p>Intermediate 2</p>	<p>Players with strong consistency, directional control, and developing strategic play. Focus on advanced techniques, footwork, and tactical awareness.</p>	<p>Groundstrokes: Reliable topspin and directional control (cross-court, down the line). Footwork: Quick recovery and good court positioning. Serve: Can hit flat, slice, and beginning topspin serves with accuracy. Net play: Confident volleys and overheads; good positioning. Tactical awareness: Can construct points strategically and adapt during rallies.</p>	<p>Rally: 15+ shots from behind the baseline in the rally. Groundstrokes: 15 out of 20 shots forehand and backhand into the selected half court (ability to play fast paced balls both cross court and down the line shots) Volleys: 15 out of 20 volleys into the selected service box or backcourt. Serve: 13 out of 20 serves in the service box; can vary speed and spin. Consistency: Can maintain long rallies and change directions. Match play: Executes strategies effectively and adapts to opponents.</p>	<p>-</p>
<p>Advanced</p>	<p>Competitive players or aspiring competitive players with high consistency, power, and strategic play. Focus on mastering advanced techniques, mental toughness, and match tactics.</p>	<p>Groundstrokes: High-speed topspin, flat drives, slices and advanced shot selection. Footwork: Excellent movement, balance, and recovery. Serve: Powerful first serves and consistent kick or topspin second serves. Net play: Aggressive volleys, half-volleys, and effective approach shots. Tactical mastery: Advanced point construction, patterns of play, and adaptability. Mental toughness: High focus, resilience under pressure, and strategic thinking.</p>	<p>Rally: 20+ shots with consistent pace, depth, and spin variation. Groundstrokes: 16 out of 20 shots forehand and backhand into smaller advanced targets in front of the baseline (differentiate pace and spin). Volleys: 17 out of 20 volleys into the selected service box or “back square.” Serve: 15 out of 20 serves in with power and accuracy; strategic placement. Consistency: High-level directional control and power. Match play: Competes effectively in tournament or competitive leagues.</p>	<p>-</p>

Please note, this assessment is based on what a player can demonstrate consistently on court, not on self-evaluation, reputation, or previous experience.

Level Advancement and Placement Policy

Advancement to the next level is determined strictly in accordance with the measurable and standardised Skill Assessment criteria outlined in this framework. All placement decisions are based on demonstrated on-court performance data, not subjective opinion.

To progress to a higher level, a player must meet the required benchmark standards during assessment. Following the warm-up period, each player will be provided with three additional practice attempts (five total attempts). If the player is unable to demonstrate the required competencies within these attempts, they will be reassigned to the appropriate level.

UQ Sport does not guarantee placement availability where a player has enrolled in a group above their assessed standard. Responsibility for correct level selection remains with the enrolling participant, subject to formal *assessment and confirmation by coaching staff*.

Skills Assessment Benchmark Table

Assessment Category	Level 1	Level 2	Level 3	Level 4	Level 5
Rally Consistency	Not required	7+ shots (min. 5 from baseline)	10+ baseline shots	15+ baseline shots	20+ shots with pace, depth and spin variation
Forehand (20 balls)	Introductory learning	5/20 into half court	10/20 into half court (cross and line)	15/20 fed at moderate-fast pace (into backcourt)	16/20 into smaller advanced targets
Backhand (20 balls)	Introductory learning	5/20 into half court	10/20 into half court (cross and line)	15/20 at moderate-fast pace	16/20 into smaller advanced targets
Volleys (20 balls)	Introductory learning	5/20 into service target box	10/20 into service box target	15/20 into target area	17/20 into defined advanced targets with control
Serve (20 attempts)	Introductory learning	5/20 into service target box	8/20 in with pace variation	13/20 in with speed and spin variation	15/20 in with power, advanced placement and second serve reliability
Directional Control	Not assessed	Limited cross-court/down-the-line	Demonstrates both directions with moderate accuracy	Consistent directional change under rally pace	High-level directional control at competitive pace
Footwork & Recovery	Basic coordination focus	Limited movement; often stationary	Moves to ball; slower recovery	Quick recovery; good court positioning	Excellent movement efficiency and anticipation

Tactical Awareness	Not assessed	Basic understanding of point structure	Demonstrates simple point construction	Strategic point building and adaptation	Advanced patterns play and competitive decision-making
Match Play Standard	Not assessed	Knows rules and scoring	Sustains rallies; struggles to finish	Executes tactics effectively	Competitive tournament/league readiness

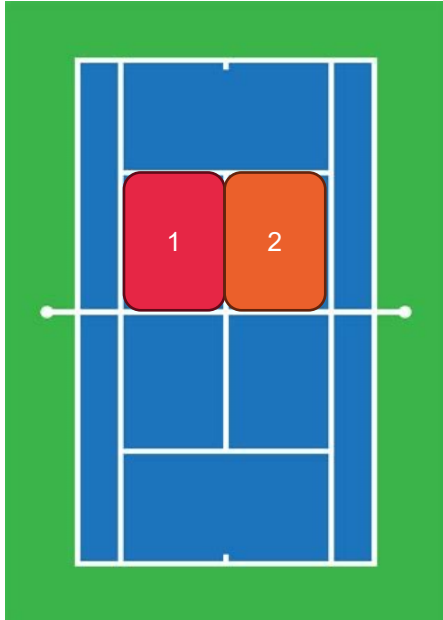
Notes for implementation:

- All stroke-based benchmarks are measured from **20 standardised fed balls** unless otherwise specified.
- Rally benchmarks must be completed under controlled pace with a coach or equivalent-level player.
- Targets should be pre-marked and consistent for all players.
- **Advancement requires meeting all the benchmarks within the assessed level.**

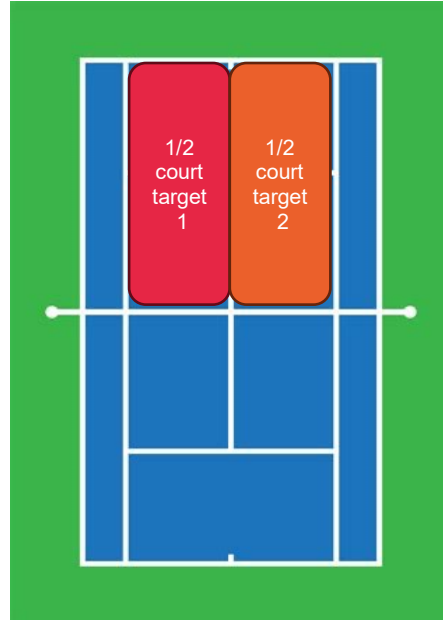
The backcourt in tennis refers to the area of the court located between the baseline and the service line. This is where most points are played.



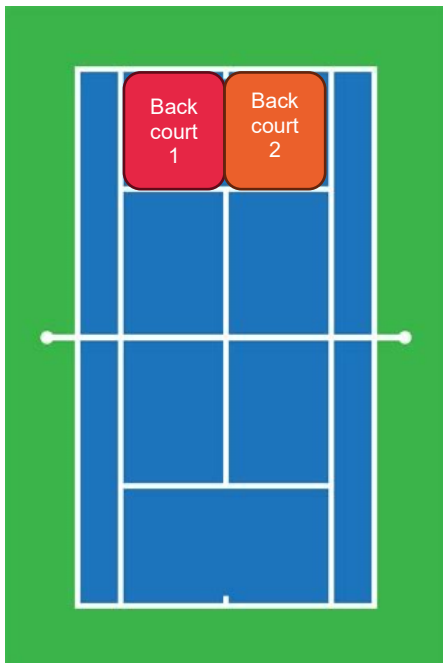
Assessment Official Targets



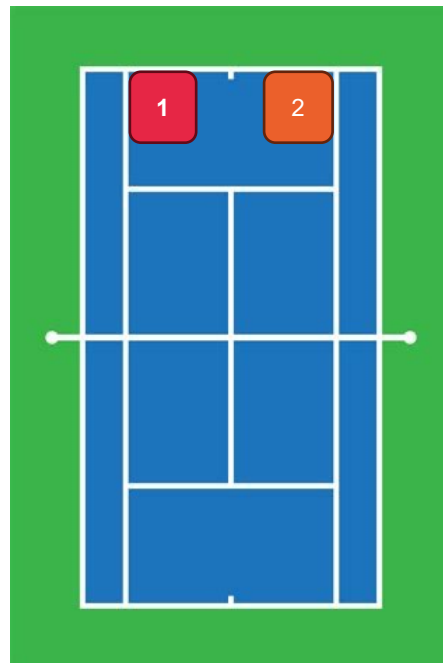
Service Box Targets



Half Court Targets



Backcourt Targets



Advanced Targets – 2.5m x 2.5m