

RACQUET GAMES

ALL-STAR 4	<ul style="list-style-type: none"> • Proper V- grip. • Shoulder and hip turn, proper arm and wrist action. • Skills appear effortless, consistent and of high ability • Understands and uses rules, strategies, and skills during games.
PROFESSIONAL 3	<ul style="list-style-type: none"> • Proper V- grip. • Beginning to turn shoulders and hips. Arm extension with little wrist action. • Skills main features are present with some refinement required. • Attempts to use skills and strategies in games
ROOKIE 2	<ul style="list-style-type: none"> • Proper V- grip with reminders. • Developing shoulder and hip turns, arm and wrist actions. • Attempts at skills begin to look alike. • Plays the game with functional skill
AMATEUR 1	<ul style="list-style-type: none"> • Poor grip “frying pan” or “finger up” • Very little attempts to use shoulder and hip turns or arm and wrist actions. • Limited or accidental success in both drills and games. • No or limited understanding of rules or strategies during games.
	TOTAL /4