

RED – You are a Beginner starting your tennis Journey, it is all new. Or maybe be a Rusty Racquet, not played for a while, maybe since school! You may understand a few shots but have limited experience. Judging the incoming bouncing ball can be tricky. You may need to develop your confidence.

ORANGE – You are an Improver, you can judge the bounce of a medium paced ball, rally a bit and are beginning to develop a serve and return, you know the rules and understand the basics of the game. You are on your way.

GREEN – You are now at an Improver + level. You can serve and return a serve regularly. You can cope with most shots at a medium pace and rally frequently. You are beginning to develop your match-play skills.

PINK – You are at an Intermediate level. You can cope well in all areas of play, at a medium pace and have some match-play experience. You can confidently play the game.

BLUE – You are at an Intermediate + level. You can cope with a higher pace in most areas of your game and are a confident competitive player.

INDIGO – You are a Club player. You are happy with high levels of pace and spin in most areas of your game. You are or have been a regular competitive club player and understand basic tennis strategy.

VIOLET – You are a Competitor. You are an experienced competitive player. You can deliberately play fast and slow paced shots, with a variety of spins and angles. You have an understanding of set plays and tactics. Singles and doubles.

BLACK – You are an Advanced player. You have reached a high level of skill and knowledge in all areas of the game, technique, mental toughness, physical ability, resilience, and emotional control. You are confident on the court and resilient in competitive matches.