



Guidelines for Junior Team Tennis Players

JTT Raleigh League

Beginner	Low	Played some tennis or taken some lessons. Can hit short rallies and overhand serves and has enough skill knowledge to play matches.
	Mid	Knows how to keep score, serve and can play unassisted matches. Can hit groundstrokes, volleys and serves successfully in practice and in match play.
	High	Experienced in match play and is able to sustain rallies of 10 or more. Is successful with groundstrokes, volleys, overheads and with serving. This player knows where to stand before each point starts in both singles and doubles.
Intermediate	Low	This player typically uses full strokes during point play instead of poking at the ball even when running for a ball. They can hit either topspin or slice on one of the groundstrokes or serve. Speed is becoming important.
	Mid	This player uses full strokes during point play when running for balls and can hit topspin and slice on one of the groundstrokes and slice serves. Moving to balls begins before their opponent's ball has come back and crossed the net.
	High	Strategy for singles and doubles is obvious when playing as well as an offensive weapon. Weapons may include a strong forehand, backhand, serve, consistency or movement which forces opponents to make errors. Most groundstrokes include topspin or underspin, volleys are hit with slice + serves can be hit flat or with slice.
Advanced	Low	All groundstrokes include topspin or underspin, volleys are hit with slice and serves can be hit flat, with slice and possibly kick. Weapons may include powerful groundstrokes, consistency, accuracy and athleticism. Can hit all specialty shots including half volleys, lobs, approach shots and drop shots when appropriate. Able to maintain proper technique on groundstrokes when running hard for a ball and then recover for the next shot. May be a varsity high school player.
	Mid	May be a top level high school player at a large high school.
	High	The top state ranking players will be at this level.