

# PLA

Player Level Assessments

## Before you play, get your PLA!

NVTC adult programs at the 2.5 - 4.0 levels, as well as junior 'Play-it, 'Competitive' and 'Tournament' programs require a player assessment to be eligible to register. These Player Level Assessments (PLA) are a series of evaluations conducted by NVTC coaching staff to assess your skill level.

You may register for a PLA through the Front Desk (604-983-6483). They are available only at specified times during the week. They are free, and take approximately 15 minutes. You can even use them as practice guides when you practice on your own to ensure your skills are moving forward.

We reserve the right to withdraw participants from a program or request players be re-evaluated if coaching staff determine they are not at the appropriate level.

### FOR JUNIORS:

Some junior programs require a PLA to be eligible to register:

- Red, Orange and Green 'Play-it' programs require a 2.0 level (on the specific Red, Orange or Green Ball).
- 3.0, 3.5, 4.0 & 4.5 Competitive Programs require the corresponding adult scores to access.
- Tournament Team programs require an application for the program. Once the application is accepted, you will be provided the PLA information.



**North Vancouver  
Tennis Centre**



### NEUTRAL GROUNDSTROKE EVALUATION

**DIRECTIONS:**

1. Maintain a rally on 1/2 width singles court (see diagrams)
2. Player & coach start on opposing baselines
3. A marker is placed on the court to designate the appropriate recovery position
4. 3.0, 3.5 & 4.0 rally crosscourt with recovery (on FH & BH sides)

**SCORING:** (5 Attempts, best score)

- Coach hits ball to player to begin rally and times fifteen seconds starting with the 1<sup>st</sup> ball hit by the player
- 1 point every time a player hits a 'neutralizing' ball (one that keeps the coach behind their baseline)

**The rally receives no score if:**

- Players do not hit a mix of forehands and backhands (2.5 only)
- The rally was not sustained for the full 15 seconds in the court
- The player did not recover after each shot
- The player volleys the ball
- The shot draws the coach in front of the baseline

**CRITERIA**

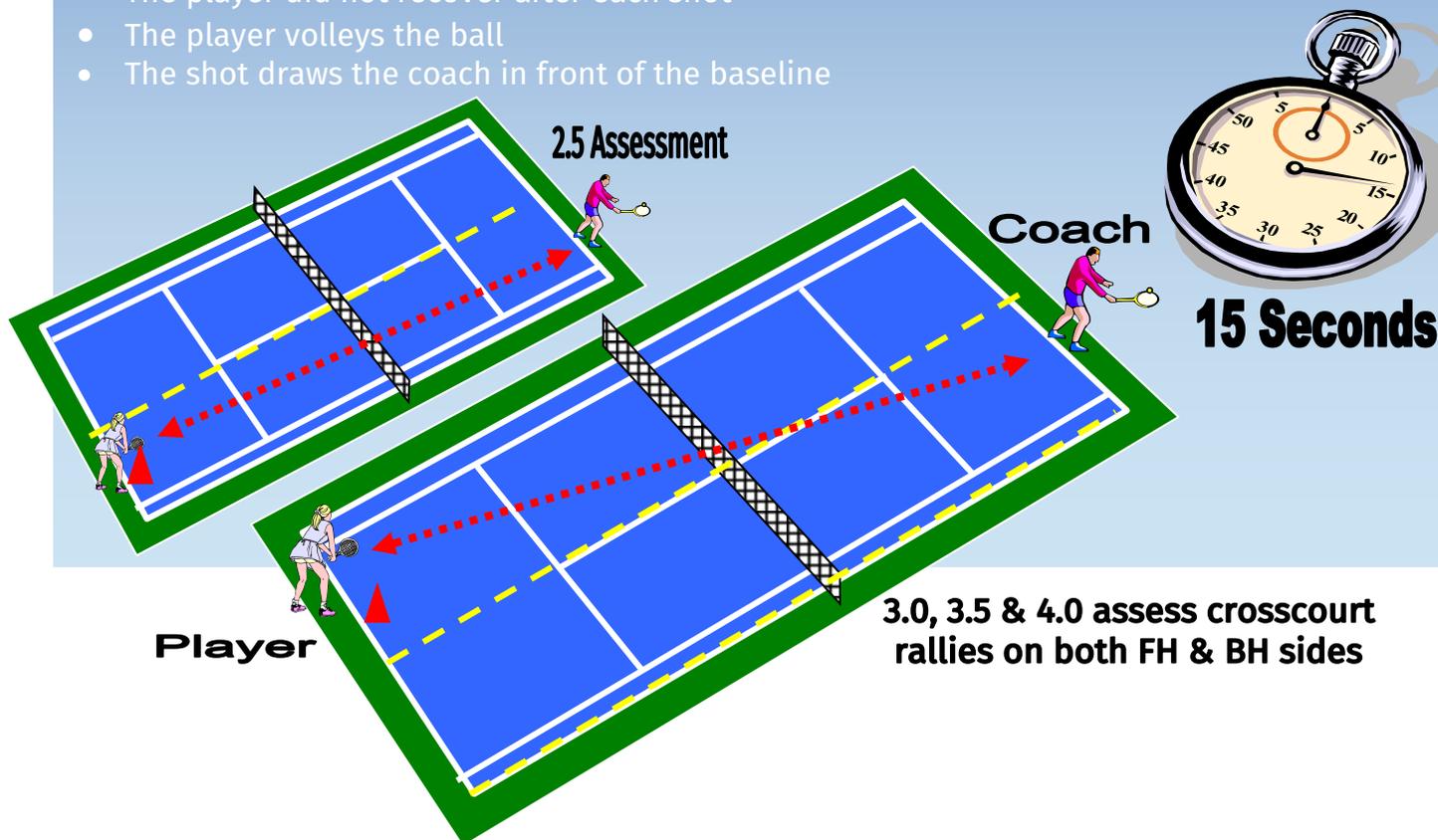
**4.0 = 6+** In a row  
(On both FH & BH sides)

**3.5 = 5** In a row  
(On both FH & BH sides)

**3.0 = 3** In a row  
(On both FH & BH sides)

**2.5 = 2** In a row  
(Mixed FH & BHs)

**2.0 = 3** in a row past  
the service line  
(Mixed FH & BHs)





### 1<sup>st</sup> SERVE EVALUATION

#### DIRECTIONS:

1. Player starts behind the baseline in serve position
2. Serve 5 serves to the Ad Court and 5 to the Deuce Court placing the ball alternately to the forehand and backhand side of the service box

#### SCORING:

- Score 1 point for every serve landing in the appropriate target area.
- A bonus 'power point' is awarded if the serve lands beyond the power markers before bouncing a second time
- Server gets 2 attempts at serving 10 balls and the best score is recorded

#### The Serve does not score a point if:

- The serve lands outside the target area
- 2<sup>nd</sup> bounce is not past the baseline

#### CRITERIA

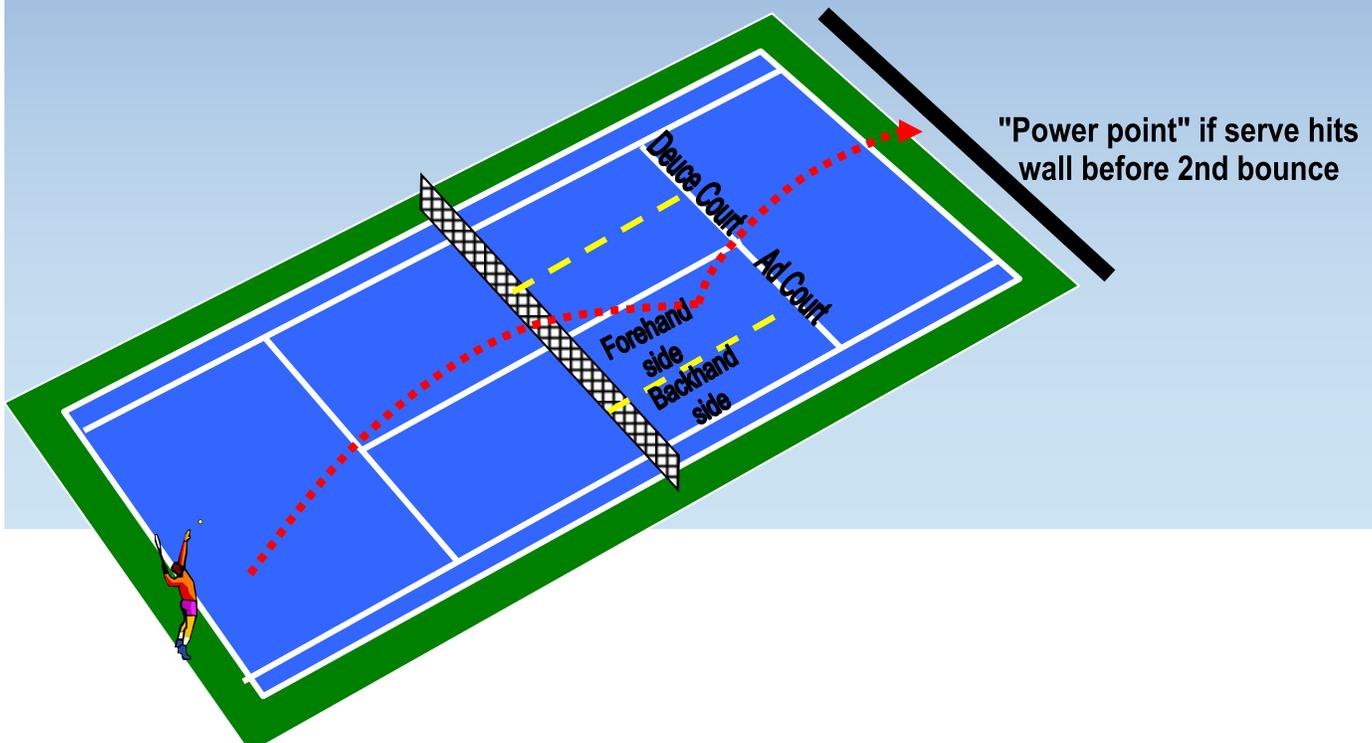
**4.0** = 11+

**3.5** = 8/20

**3.0** = 6/20

**2.5** = 4/20

**2.0** = 2/20





## NEUTRAL VOLLEY EVALUATION

### DIRECTIONS:

1. Maintain a rally with volleys to groundstrokes on a singles court ½ width (see diagram)
2. Player starts at net (volleyer). Coach is at the baseline (Groundstroker)
3. Player is located half way between net and service line
4. Coach hits ball to player at net to begin rally

### SCORING:

- 1 point for every time the player hits a 'neutralizing' volley (one that doesn't allow the coach to come in past the baseline)
- Player gets 5 attempts to complete as many neutral volleys in a row as possible. The best score is recorded

### The Volley player does not get a score if:

- The player does not hit a mix of forehands and backhand volleys
- The ball lands outside the designated area
- The coach volleys the ball
- The volley draws the coach in front of the baseline

### CRITERIA

**4.0 = 7+**

**3.5 = 5**

**3.0 = 3**

**2.5 = 2**

**2.0 = 3 in a row  
into the court**

