

New Profiles	Comments
Blue	
<i>I serve the ball in the court 50% of the time.</i>	
<i>I maintain a rally of 5 shots in row.</i>	
<i>I handle moderately paced shots.</i>	
<i>I try to come to net whenever I get the chance.</i>	
Green	
<i>I serve and return the serve in the court 60% of the time</i>	
<i>I try to use the third shot drop and have some success.</i>	
<i>I initiate and maintain a dinking rally of 5-10 shots in a game situation.</i>	
<i>I sustain a volley exchange at the net.</i>	
<i>I move to the net appropriately.</i>	
<i>I have correct court positioning for doubles</i>	
<i>I try to keep the ball low.</i>	
Yellow	
<i>I serve with depth or placement 75% of the time.</i>	
<i>I use the third shot drop successfully 60% of the time.</i>	
<i>I consistently dink with placement and purpose.</i>	
<i>I sustain a rally and place the ball during a volley exchange.</i>	
<i>I create and hit "gaps".</i>	
I have good court coverage, quickness, mobility and balance.	
I have a variety of finishing shots.	
I anticipate my opponents shots.	
Orange	
<i>I serve with accurate placement and depth 80% of the time.</i>	
<i>My third shot drop is strategically placed and effective 80% of the time.</i>	
<i>I dink patiently with accuracy and strategic placement.</i>	
<i>I control play at the net to keep my opponents deep.</i>	
<i>I recognize and exploit my opponents weaknesses.</i>	
<i>I move effectively with my partner, easily switching sides and covering the court.</i>	
<i>I handle fast exchanges at the net.</i>	
Fewer than 30% of rallies end because of my unforced errors.	
<i>I do not have a noticable weakness that can be exploited.</i>	
Red	
<i>I serve with placement, power or spin 95% of the time.</i>	
<i>I consistently hit an effective third shot drop, drill or spin shot.</i>	
<i>I dink all day long with accuracy, spin and variety.</i>	
<i>I purposely reset fast paced balls.</i>	
Fewer than 10% of rallies end because of my unforced errors.	
<i>I have excellent positioning, anticipation and mobility.</i>	
<i>I can retrieve lobs and reset them to my advantage.</i>	
I have quick hands	
<i>I regularly last for a full 3 hour session</i>	