

FRAPPE SELF-EVALUATION SCALE



YELLOW 1 :	<ul style="list-style-type: none"> This player of age 4-5 is just starting tennis.
YELLOW 2 :	<ul style="list-style-type: none"> When receiving a ball from instructor, player is able to block the ball and initiate 2 “self passes” before returning the ball in the micro-court; For serve, player needs to execute 4/10 in the micro-court.
YELLOW 3 :	<ul style="list-style-type: none"> Able to rally with instructor 6 balls in a row total with self passes; For serve, player needs to execute 6/10 in the micro-court.
RED 1 : Adult 1.0	<ul style="list-style-type: none"> At half-court, player is able to rally but their consistency is limited by a lack of control in their groundstrokes. Less than 6 shots in a row during a rally with instructor; For serve, with 1/8 movement, executes 5/10 with an arched trajectory in the service box.
RED 2 :	<ul style="list-style-type: none"> At half-court, player is able to rally 6-8 shots in a row with instructor when receiving easy balls; For serve, with full movement, executes 7/10 with an arched trajectory in the service box.
RED 3 :	<ul style="list-style-type: none"> At half-court, player is able to rally 8-10 shots in row even when receiving difficult balls (deep balls, short, far right, far left...); For serve, with full movement, executes 8/10 in the service box and can also vary direction.
ORANGE 1 :	<ul style="list-style-type: none"> At 3/4 court, player is able to rally with instructor but their consistency is limited by a lack of control in their groundstrokes. Less than 6 shots in a row during a rally; For serve, executes 5/10 with an arched trajectory in the service box.
ORANGE 2 : Adult 1.5	<ul style="list-style-type: none"> At 3/4 court, player is able to rally 6-8 shots in a row with instructor when receiving easy balls; For serve, executes 7/10 with an arched trajectory in the service box.
ORANGE 3 :	<ul style="list-style-type: none"> At 3/4 court, player is able to rally 8-10 shots in row even when receiving difficult balls (deep balls, short, far right, far left...); For serve, their ball trajectory is more linear and can vary the direction.
GREEN 1 : Adult 2.0	<ul style="list-style-type: none"> At full court, player is able to rally with instructor but their consistency is limited by a lack of control in their groundstrokes. Less than 6 shots in a row during a rally; For serve, executes 5/10 with an arched trajectory in the service box.
GREEN 2 : Adult 2.5	<ul style="list-style-type: none"> At full court, player is able to rally 6-8 shots in a row with instructor when receiving easy balls; For serve, executes 7/10 with an arched trajectory in the service box.
GREEN 3 : Adult 3.0	<ul style="list-style-type: none"> At full court, player is able to rally 8-10 shots in row even when receiving difficult balls (deep balls, short, far right, far left...); For serve, their ball trajectory is more linear and can vary the direction.