

PLAYER PROFILE « 5.5 »	PLAYER PROFILE « 5.0 »	PLAYER PROFILE « 4.5 »	PLAYER PROFILE « 4.0 »
<p>This player is a competitor with a lot of experience at the provincial, national or on the university circuit and has had success in doubles.</p> <p>She has a style of attack due to her speed or power. Her movements are fast and efficient in all areas of play and she adapts with regularity in all phases of play.</p> <p>Her anticipation and her tactical sense are superior and she can easily disguise her shots.</p> <p>She demonstrates leadership qualities on the field and she knows to be in charge of the team. She can play court #1 with a partner with less ability and compensate for her weaknesses. On important points, as in the tiebreaker, she can bring her game up a notch.</p>	<p>This player is between 4.5 and 5.5. She has the same qualities as the 5.5 player, but in certain situations she will not be as efficient or constant. She has a very good experience in doubles either in the interclub, provincial or national competition.</p>	<p>This player has experience playing in the interclub and if she has been elite, she already has a high experience in provincial or national competition. She can play court #1 with an elite and feel comfortable or Court# 2 with another 4.5 or even a 4.0 and control the game. Here we find playing styles that are less regular or hitters with less power.</p>	<p>This player is either a player who has come up from level 2 or a level 1 player who has more experience at this level. Preferably she plays on court # 3 with another player of her level or sometimes on the court #2 with a 4.5 player or another 4,0.</p> <p>This is the typical level 1 player.</p>
PHYSICAL ASPECTS :			
<p>Her change of direction from front to rear is fast and efficient. Her first step is explosive.</p> <p>Her endurance capacity can last for 3 sets.</p> <p>Her intensity in the game is well managed and constant.</p>	<p>She is fast and explosive, and can be enduring for three sets.</p> <p>Her athleticism is obvious and she has no weaknesses in concentrating due to her physical condition.</p> <p>She can efficiently support a 5.5 on court #1. She can also control the game with a player with less ability (see player profile 4.5) on the same court.</p>	<p>Her speed is explosive and her hand-eye coordination at the net is fast.</p> <p>She has a capacity for endurance. She covers her zones, but in certain situations she may lack the mobility to cover for her partner or to reach some remote balls. Lack of mobility may be offset by her anticipation or experience, or vice versa.</p>	<p>If the player is a hitter, she can sometimes lack mobility. The player may be more regular or mobile if she is a placer. Some will not have the "athletic" look and will struggle to cover all zones of the court.</p>

TECHNICAL and TACTICAL ASPECTS:

<p>SERVE :</p> <p>She has a slice effect on both serves and is able to do this with speed or placement of the ball creating great difficulty for the return. She maintains an average of 75% on the first ball and almost never commits double faults. Her second serve is always with speed and effects.</p>	<p>SERVE :</p> <p>She has a first ball which hinders the opponent and her second ball is regular and varied.</p>	<p>SERVE :</p> <p>The player has a first powerful serve or a regularly well placed with effects serve. She can make a slice or spin effect on the served ball. Her second serve is precisely played to the weakness of the opponent and she makes very few double faults. Her first serve is followed by moving towards the net but errors can be frequent, due to lack of mobility or technique.</p>	<p>SERVE :</p> <p>She can vary the speed or direction of her first ball and has a high percentage of second ball (80%) playing on the weakness of the opponent. She is comfortable to serve and volley, but she may choose to remain at the back of the court on the second ball, especially on the second serve.</p>
<p>RETURN OF SERVE :</p> <p>She can play on the backhand or forehand side of the court with ease.</p> <p>She can counter the speed of a first ball and is well positioned for a ball at an angle.</p> <p>She has at least two different returns on both sides of the court either backhand or forehand and can disguise her returns.</p> <p>She attacks on the second easier serve and creates pressure on the server. Her returns are strategic and consistent. During the "I" formation, she moves quickly and in the right zone.</p>	<p>RETURN OF SERVE</p> <p>She will already have a strong preference for receiving one side of the court but she can easily adapt to either sides. Her returns are varied and she can attack an easier second ball.</p> <p>Technically, she will have weaknesses either in her regularity, her power or placement accuracy. She will show some gaps, but she will make a difference on the court by her style of play.</p> <p>Tactically, some play patterns will not be in her abilities or among her tactical choices. Depending on the situation, she will choose wisely to go to the net or stay in the back of the court. She can quickly detect weaknesses in opponents and lead her team in terms of strategy.</p>	<p>RETURN OF SERVE :</p> <p>She regularly returns the first serve but when the serve is powerful or away from her, she has an average of 50%. She knows how to take advantage of the second ball and returns it at the feet of the opponent. She possesses a dominant return plus can vary with two different return styles. She has a strong preference for one side to return but can adapt and change sides occasionally.</p>	<p>RETURN OF SERVE :</p> <p>This player has a strong preference to return from a certain side of the court as she is definitely more comfortable. She also demonstrates more abilities on the return from one side but she can have an adequate response or defensive shot on her weaker side.</p> <p>She may have problems on balls having too much speed or effects. But, on the second ball slower serve, she has an intention to attack. After returning, she has a clear intention for the second ball received.</p>
<p>NET :</p> <p>Her presence is dynamic and unpredictable.</p> <p>She covers the center of the game and play areas when her partner serves.</p> <p>She can poach by command, reaction or anticipation and occasionally fake. She can place her smash either with power or precision, depending on areas and phases of play.</p> <p>This player can finish the easy volleys, high or low and neutralize difficult ones. Her hand-eye reflexes are very sharp and she can neutralize faster balls.</p>		<p>NET :</p> <p>Her presence is felt at the net and she covers the middle. She may occasionally intercept and finish the point. She can finish a point on a variety of volleys: on angle, by precision or power. Her smash is regular and placed. If the ball is too fast or difficult she might be less regular. She covers her angles and works in synergy with her partner and she knows how to return to her zone. She is not fearful, afraid of the ball and is very at ease. She can occasionally do the "I" formation, depending on her partner's serve.</p>	<p>NET :</p> <p>She feels comfortable at the net on some balls and can occasionally intercept the easy balls in the center. She covers her zone and she can place smashes with accuracy.</p> <p>She finishes the points on easy balls and sets into play the most difficult balls.</p> <p>When her opponent is in trouble and receives low balls, she knows how to take advantage of the situation and intercepts floating or high balls.</p>

<p>MID-COURT:</p> <p>The player can easily serve followed by an applied and constant approach volley. She can also enter this zone after an offensive return and use angles on balls after bounce. She can easily change zones to cover the defensive lob. On easy balls, she can retake the attack at the net to finish the point.</p> <p>On the partner's return, she makes the right choice quickly to either advance to the net or stay, depending on the return.</p>		<p>MID-COURT:</p> <p>This player may prefer to stay at the back in certain situations but when the ball is short she can easily take the ball after rebound and move up to the net or when returning a second serve of her opponent.</p> <p>However, she may not be as regular on approach volleys.</p>	<p>MID-COURT:</p> <p>When the ball arrives at mid-court, this player may prefer the ball after rebound. In this zone she controls the slower volleys but has difficulty on fast balls or very low ones.</p>
<p>BACK of the COURT :</p> <p>Depending on the style of play, the super-elite player makes the choice to stay in the back or to play more often in the net area. If the choice is the back, she masters the choice of play according to the phases of the game and can play with power or accuracy. On emergency situations, she can use the defensive lob and resume a recovery position. She shows a lot of consistency and regularity.</p>		<p>BACK of the COURT :</p> <p>Depending on the style of play, the power player may lack accuracy or regularity. She does not control all ball speeds and may have difficulty on remote balls. She has an average of 6 on10 in this area. She is able to keep the ball low if the opponents are at the net.</p> <p>The precision player lacks speed or power in her balls. She cannot challenge the player at the back or at the net by the power of her ball. But, she masters her precision shots 8 out of 10 times. She varies between angled balls and accurate lobs.</p>	<p>BACK of the COURT :</p> <p>This player is precise at the back court and can effectively use the defensive lob. She can be fast or erratically on some distant balls. She has a strong preference for either the forehand or backhand.</p>
<p>The 5.5 must be able to perform technical tasks 8 out of 10.</p>	<p>The 5.0 player in certain aspects of the game can only be assessed 6 on10 and will have less diversity.</p>		

PSYCHOLOGICAL ASPECT:

She is a leader on the court by her positive attitude and enthusiasm. She can also lead her team tactically in varying strategies. She maintains positive communication with her partner.

She can maintain a constant concentration otherwise she can return to her bubble. She creates synergy with her game and her presence and is respectful of the opponent.

At the mental level, she remains the leader on the court and maintains positive communication with her partner. She makes the difference and makes her presence felt on the court in all areas of the game.

She is a good partner for the 5,0 player. She has an adaptability and openness to be led.

She may occasionally collaborate by her leadership and work in collaboration with a 4,5 partner.

She is intense, focused and remains calm and positive in the most crucial moments.

In a tiebreaker, she can bring her game up a notch and use her best shots.

This is the third court player; she shows determination and concentration. She knows how to communicate with her partner and find solutions to strategic problems. If lack of experience, she can show nervousness in difficult situations, lack calmness and miss opportunities. She demonstrates respect for her opponents and her partner.