



# Tennis Levels

- Open to all This offering does not require a specific level of ability and is open to all Unisport participants. Basic physical fitness and experience with racket sports are recommended.
- N1 Newcomers to the sport are introduced to tennis. The players have never attended a tennis course or can only hit the basic shots on a small court from a short distance.
- N2 The players are still beginners but have already completed several N1 courses (2–3 tennis courses) and can safely play the basic forehand and backhand shots over the net from the back of the court (baseline).
- N3 The players have an intermediate to advanced level, which corresponds to at least 50–70 lessons. Players are proficient in the basic forehand/backhand (incl. topspin and slice), volley, smash, and serve, and can apply basic tactical elements.
- N4 Players have an advanced to competitive level (rankings R6–R9). Players are proficient in forehand/backhand topspin and slice, as well as net play – even under pressure. Players not only play tennis on a weekly basis or are members of a club but also regularly play organized matches (e.g. inter-club or tournaments).