



## NBL Playing Levels

<b>A</b>	<p><b>Advanced Players.</b> This is the most competitive level, and these players have the ability to compete in national and regional tournaments. "A" players have variety of speed and disguise on all their shots. Some of the advanced shots these players have mastered include drive serves, round-the-head slice drops, backhand smash from high backcourt, backhand slice drop from high backcourt, net-flick shot, net-brush shot, and forehand and backhand defensive drives.</p>
<b>B</b>	<p><b>Intermediates and Advanced Intermediates.</b> These players have the ability to compete in regional and local tournaments. "B" players have flick and low wide serves and can execute crosscourt and straight net slice drops with the forehand and backhand. These players are proficient with most round-the-head shots, including offensive and defensive clears, smash and drops. These players are also able to execute forehand overhead slice drops. half-smash, net-push shot, and underhand defensive clears with the forehand and backhand.</p>
<b>C</b>	<p><b>Advanced Beginners.</b> These players may just be starting to compete in local tournaments. "C" players are becoming proficient with most of the basic shots, including high serves and low serves, forehand and backhand underhand clear, underhand drop, net smash, drive, and defensive block to net. They are also able to execute the forehand overhead clear, forehand overhead smash, and forehand overhead drop.</p>
<b>D</b>	<p><b>Beginners.</b> These players are new to the sport and have an understanding of the basic strokes and how to keep score.</p>