

# SELF-ASSESSMENT

## PICKLEBALL CANADA SKILL LEVEL GUIDELINES

The following skill sets are a guide to assessing your own skill level

SKILLS	LEVEL				
	2.0	2.5	3.0	3.5	4.0
Moves safely with balance					
Successfully serves and returns serves at least 50% of the time					
Learns where to position oneself on the court during serves, returns and exchanges, but still is not comfortable with certain positions					
Knows the 2-bounce rule and applies it during games					
Can easily keep score					
Basic groundstrokes with very limited use of the backhand smash and volley					
Is able to keep the ball in play for a few exchanges					
Knows the basic rules, including the two-bounce rule and scoring					
Tries to control the forehand (direction, depth, height above the net)					
Tries the backhand stroke					
Successfully serves and returns at least 60% of the time					
Knows where to position oneself as server, server partner and receiver					
Regularly approaches the non-volley zone (NVZ) to hit volleys					
Can keep the ball in play for longer exchanges					
Can sometimes lob with the forehand					
Develops good hand-eye coordination					
From the NVZ line, try small low shots (short "dink")					

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Has good mobility					
Executes good footwork and moves with ease to reach the NVZ as needed					
Develops forehand control (placement, direction, depth)					
Develops backhand control (placement, direction, depth)					
Successfully serves and return serves at least 70% of the time					
Begins to develop serve placement					
Begins to use higher and deeper serve returns to allow time approach to the net					
Quickly approaching the NVZ rather than staying behind					
Maintains a short volley session at the net					
Demonstrates good court positioning for doubles play and how to "move as a team"					
Begins to use the forehand lob with some success					
Develops a sustained exchange of short, low shots (dink) at the net					
Tries to hit a soft drop shot to get closer to the net (3rd, 5th, shot drop, etc.)					
Tries to adapt to different ball speeds					
Knows all the main rules, including how to reconstruct the score and the correct server					
Demonstrates forehand control (direction, depth, and speed)					
Demonstrates backhand control (direction, depth, and speed)					

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SKILLS	LEVEL				
	2.0	2.5	3.0	3.5	4.0
Successfully serves and returns serves at least 80% of the time					
Regularly places serve deep in the court					
Regularly uses higher and deeper serve returns to allow time to approach the net					
Quickly approaches the NVZ (when appropriate) rather than staying behind					
Able to play effectively with a partner. Begins to use strategies for communicating between partners and covering ground as a team					
Attempts to avoid hitting balls that are heading out of bounds					
Hits the ball consistently lower over the net					
Develops a wide variety of strokes with a certain consistency					
Learns to use soft shots vs. power shots to their advantage					
Develops consistency in shot placement, including the ability to create and place balls in open spaces					
Maintains a short volley session at the net with some control and placement					
Initiates and maintains a sustained exchange of dinks at the net					
Able to hit a soft drop shot to approach from the net (3rd, 5th, shot drop etc.)					
Adapts consistently to different ball speeds					
Striking with overhead control					
Uses a lob (forehand and backhand) as needed					
Good speed					

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SKILLS	LEVEL				
	2.0	2.5	3.0	3.5	4.0
Develops patience during exchanges					
Successfully serves and returns serves at least 90% of the time					
Has a consistent, reliable forehand and backhand, including directional control, depth, placement, and speed					
Has consistent and reliable overhead shots, including some directional control, depth, placement, and speed					
Precise lob placement					
Consistently hits the soft drop shot from the baseline to the net (3rd, 5th, shot drop etc.)					
Regularly initiates and maintains a sustained exchange of dinks at the net until an "attackable" shot is received					
Able to switch from a soft shot strategy to a power-shot strategy, and vice versa					
Can block and return overhead shots					
Develops the ability to return overhead shots					
Can control speed on strokes without hitting too hard or hitting the ball out of the court					
Moves efficiently with partner, switches sides easily and communicates effectively					
Controls play at the NVZ line, keeping opponents back and controlling the speed and placement if the ball					
Constantly makes the opponent move in order to create open spaces					
Recognizes and exploits weaknesses in opponents' play					
Can intercept ("poach") effectively					