NSPC Pickleball Skill Levels

Yes = "Yes" to 5 or more statements

No = "No" to 2 or more, stay at the previous level

- I know where to stand at the start of each point
- I usually get my serves "in"
- I let the return of serve bounce
- I can keep score
- I call the score before serving
- I know what a dink shot is
- I can make easy backhand shots

No → **Novice 2.0**

Yes → **Beginner 2.5**

- I have a good understanding of the rules
- I am working on getting my serve and return of serve deeper
- I am working on getting my dinks lower/shallower
- I can hit a 3-4 dinks in a row
- I can usually hit backhand shots when I need to
- I am trying to add more power or softness to my game
- I am coming up to the no-volley zone and hitting volleys

Yes → **(Low) Intermediate 3.0**

- My serves and returns are almost always deep
- I sometimes attempt a 3rd shot drop
- I try to be strategic about where I hit the ball
- I use dinks, drop shots and lobs sometimes
- I mostly play at the no-volley line
- I actively work with my partner to win the point

Yes → **Intermediate 3.25+**

- I can change the pace of the game with blocks and resets
- I can anticipate my opponent's shots
- I can block & counter fast exchanges
- I sustain controlled dinking rallies changing direction and pace
- I actively use third shot drops and resets to transition to the kitchen
- I use basic topspin or slice on occasion
- I communicate with my partner, cover and synchronize moves

Yes → **(High) Intermediate 3.65+**

- I can consistently convert a hard shot to a soft shot
- I am patient and wait for the opening
- I rarely make unforced errors
- I consistently use power, spin and finesse to my advantage
- I can easily sustain a rally for 20+ shots
- I can demonstrate 3rd shot strategies
- I have a full understanding of the rules

Yes → **Advanced 4.0+**

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