

# How am I Doing at Pickleball?

## A Self-Assessment Rating Guide

### 1) My Serve

- a) I get about half of my serves in, not fast or hard
- b) I get about 75% of my serves in, and can place some deep
- c) I get about 90% of my serves in, place the majority deep, and some are aces
- d) I get almost all of my serves in, vary the type, serve hard and deep, and can place them where I want
- e) I rarely ever miss my serve, use a variety of shots, can spin and control them, and place where I want

### 2) How is my Return of Serve?

- a) I sometimes miss my Return entirely, especially against better players
- b) I am beginning to Return most of them deep, but not consistently
- c) I Return most of the serves and return them deep, the majority of the time
- d) I can Return almost all of the serves, whether they are long or short, lobs, or fast and hard, and I can return them appropriately
- e) I can Return almost all of the serves that come my way, and can place the Return so my opponent has to work hard to get it

### 3) How is my Forehand Volley shot?

- a) I sometimes pop the ball up, hit into the net, out-of-bounds, or I miss it entirely
- b) I can usually return my Forehand shots, but miss the hard and fast ones
- c) I return my Forehand shots most of the time and am beginning to keep them lower to the net
- d) My Forehand is my strongest shot, my hardest and most accurate, and low to the net
- e) I rarely miss a Forehand shot; return it with accuracy, often hard and spinning

### 4) How is my Backhand Volley shot?

- a) I often miss this shot and my Backhand is very weak
- b) I'm beginning to anticipate this shot and am moving into position to get it, but am sometimes late
- c) I have worked on this shot, anticipate it better, and return it about half the time
- d) I see the shot coming and ready to return it low to the net and am successful about 75% of the time
- e) My Backhand is no problem; I can return it with speed, force, and accuracy about 90% of the time

### 5) How is my Lob shot?

- a) I don't know when, where, or how to hit a Lob shot, so I rarely, if ever, use it
- b) About half of my Lob shots land in-bounds, about half go out-of-bounds
- c) I am beginning to learn when, where, and how to use a Lob shot, and successful with it about 50% of the time
- d) I am good at executing the Lob shot and am successful with it about 75% of the time
- e) I know when, where, and how to execute the Lob shot and do it with accuracy about 90% of the time

### 6) How are my Dinking skills?

- a) I can get my Dink shots over the net about half of the time, but rarely use a Dink shot in a game
- b) I am beginning to learn the importance of the Dink shot and starting to implement it in my game
- c) I am learning the purpose of the Approach shot (Drop or Lob), to get to the net and begin Dinking
- d) I often use the Drop shot, so my partner and I can get to the net, and we move together while Dinking
- e) I consistently use the Drop shot and know how to Dink and move effectively along the NVZ with my partner

**7) How is my Overhead Slam / Put Away shot?**

- a) I rarely use this shot and when I do, it often goes into the net or out-of-bounds
- b) My Slam shot is not as hard or as accurate as I want it to be
- c) I can execute my Slam shot and place it where I want about 50% of the time
- d) My Slam shot is fairly hard, consistent, and accurate at least 75% of the time
- e) My Put Away shot is one of my best shots: hard, fast, and accurate at least 90% of the time

**8) How are my Communication Skills with my partner?**

- a) I rarely talk to my partner about the game, except to say, "Yours, Mine, or Out."
- b) I am beginning to communicate basic observations to my partner, like who is leftie, hit it to the backhand, and who appears to be the weaker opponent
- c) I communicate often to my partner with: "Yours, Mine, No, Switch, Com Up, Stay Back, Put it Away, etc." to keep our "wall" intact
- d) I communicate most of the time to my partner, and we move together as a "team"
- e) I communicate all of the time to my partner, and we function as one "unit" on the court

**9) How are my Strategy Skills?**

- a) I don't know much about "strategy of the game" and only concentrate on getting the ball back over the net
- b) I am learning to put the ball where my opponent is not, and thinking about knowing what shots to use when and where
- c) I am beginning to use a variety of shots and know the strategy of using certain shots at certain times
- d) I consistently know the strategy of which shots to use and why I am using them to control the game
- e) I am a student of the game and understand the importance of using various strategies to keep my opponents back and controlling the game

**10) How are my Footwork Skills?**

- a) I am often "not in the right spot" and therefore miss some shot; or I can't move fast
- b) I am beginning to anticipate where the shot is going to land and move to the spot earlier
- c) I often know where the ball is going, stay on my toes to get there, and move correctly on the court
- d) I move around the court in a smooth, balanced manner, anticipating lobs, forehands, backhands, dinks, slams, etc. most of the time
- e) I am like a "rabbit" on the court, moving to wherever the ball is, anticipating correctly, making the shot, and getting back into position for the next shot, almost always

To get a good idea of your skill level (1.0 through 5.0) you will need to have 8-10 of your answers (A, B, C, D, E) at that level in order to rate yourself at that level. This Self-Assessment guide should help you know what to work on to improve your game. Happy Pickling!

**Skill Level # Answers Recorded**

- A) 1.0 – 1.5 (     )
- B) 2.0 – 2.5 (     )
- C) 3.0            (     )
- D) 3.5 – 4.0 (     )
- E) 4.5 – 5.0 (     )