



MPC Skills Matrix

(adapted from Pickleball Canada)

	Early Intermediate	Intermediate/Advanced Intermediate (all previous skills plus)	Advanced (all previous skills plus)
Ready Position	Consistently hold paddle up in correct ready position. Correct foot & body placement to strike ball. Demonstrate a degree of mobility, quickness and hand eye coordination.	From ready position, moves forward to NVZ.	From ready position, moves forward to NVZ.
Serve	Experiments with best technique. Strikes the ball consistently. Serves ball into correct court.	Able to place serve. Able to place serve not covered by opponent.	Places serve deep into opponent's court. Uses a variety of serves, spins, speeds.
Serve Return	Returns serve into opponent's court most of the time. Occasionally returns serve deep into opponent's court.	Consistently returns serve deep into opponent's court. Attempts to hit return of serve to opponent's backhand side of the court. Uses deeper and higher return of serve to allow time to approach NVZ.	Return of serve to opponent's court is consistently successful. Places serve return to opponent's backhand on a regular basis. Occasionally drives an unreturnable serve return.
Ground Strokes and Drive Shot	Able to move from ready position to make a forehand or backhand shot. Able to run and swing to execute a ground stroke.	Demonstrate consistent & controlled ground strokes varying placement, direction, depth for forehand and backhand.	Uses varying speeds & shot placement according to opponent's position on the court. Consistently hits the ball with accuracy.



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Game Rules and Strategy based on Rules	Understands basic rules of the game. Knows how to score and consistently calls the score before serving. Confidently calls balls in and out. Knows where to stand to serve and receive serve.	Good knowledge of the rules of the game. Uses rules to shape the style of play. Can implement strategic court positions and shot selection.	Uses rules of the game to gain advantage over opponents. Able to poach and stack.
Court Movement	Moves to NVZ line occasionally.	Moves to NVZ when appropriate. Is aware of court position in relation to partner's position. Good agility and moves in sync with partner.	Consistently and quickly moves to NVZ line. Can move quickly around the court as play requires. Plays effectively with different partners.
Shot Selection	Understands the difference between hard and soft shots. Attempts soft shots and dink shots during play. Demonstrates controlled ground strokes.	Begins to use third shot drop during play. Able to place ground strokes. Delivers unattackable balls occasionally. Demonstrates a variety of shots.	Able to employ a variety of shots in various situations. Able to adjust shot selection based on opponent's court position. Dinks with purpose and patience. Strategically returns ball. Keeps ball in play. Able to anticipate opponent's next shot and moves into position to return.



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Overhead Shots	Able to perform an overhead shot. Hits overhead shot with control.	Consistently hits overhead shots with control and direction.	Consistently places overhead shots with power, placement and control.
Dink Shot	Able to hit forehand and backhand dink shots when at a stationary position.	Maintains a sustained dink shot exchange at the NVZ line.	Initiates and maintains a sustained dinking rally at the net.
Drop Shot Third Shot Drop	Attempts a slow paced drop shot during a rally.	Demonstrates a willingness to use a forehand or backhand drop shot from the back of the court. Successfully completes a drop shot from the back of the court during play.	Consistently completes unattackable forehand and backhand drop shots from anywhere on the court. Uses drop shot appropriately.
Lob Shot	Not recommended due to player safety.	Demonstrates ability to use a lob shot.	Consistently delivers unreturnable lob shots.
Punch Volley Drop Volley	Attempts punch or drop volley from behind the NVZ line.	Quickly moves to NVZ line during play to be in position to make a punch volley or drop volley shot. Successfully completes punch volley & drop volley shots from the NVZ line.	Consistently makes punch volley and drop volley when at NVZ line. Controls direction and speed of shot.
<i>Players that cannot consistently demonstrate the skills in the Early Intermediate column are at the Beginner/Novice level.</i>			