

PICKLEBALL



PASSPORT

NAME _____

“BLUE PLAY” SKILLS

- I serve the ball in the court 50% of the time
- I maintain a rally of 3-5 shots in row
- I know the rules of pickleball and how to keep score
- I use both my forehand and backhand appropriately
- I handle moderately paced shots
- I move to the net whenever I get the chance
- I try to use the third shot drop on easy returns
- I try to dink as much as possible until the ball pops up high

“RED PLAY” SKILLS

- I serve and return with depth or placement 80% of the time
- I use the third shot drop successfully 60% of the time
- I consistently dink with placement and purpose.
- I sustain a rally and place the ball during a volley exchange
- I initiate and maintain a dinking rally of 5-10 shots in a game situation
- I sustain a volley exchange at the net
- I move to the net appropriately
- I create and hit “gaps”
- I have good court coverage, quickness, mobility and balance
- I anticipate my opponents shots
- I work strategically with partner to hit shots that set us up for success
- I can reset the ball and start a dink rally 60% of the time
- I understand proper shot selection & reduce my low percentage shots