SELF-ASSESSMENT

PICKLEBALL CANADA SKILL LEVEL GUIDELINES

SKILLS	🥎 Up To 3.0	🥎 3.0	🥎 3.5	🥎 4.0 +
Knowledge of game	Knows the basic rules, including the two-bounce rule and scoring.	Demonstrates good court positioning for doubles play and how to "move as a team." Knows all the main rules, including how to reconstruct the score and the correct server.	Able to play effectively with a partner. Begins to use strategies for communicating between partners and covering ground as a team.	Moves efficiently with partner, switches sides easily and communicates effectively.
Court awareness	Knows where to position oneself as server, server partner and receiver. Regularly approaches the non-volley zone (NVZ) to hit volleys.	Moves with ease to reach the NVZ as needed. Quickly approaching the NVZ rather than staying behind.	Quickly approaches the NVZ (when appropriate) rather than staying behind. Attempts to avoid hitting balls that are heading out of bounds. Develops consistency in shot placement, including the ability to create and place balls in open spaces. Develops patience during exchanges.	Controls play at the NVZ line, keeping opponents back and controlling the speed and placement of the ball. Constantly makes the opponent move in order to create open spaces. Recognizes and exploits weaknesses in opponents' play. Can intercept ("poach") effectively.
Athleticism	Develops good hand-eye coordination. Moves safely with balance.	Has good mobility. Executes good footwork. Tries to adapt to different ball speeds.	Adapts consistently to different ball speeds. Good speed.	
Serve and return success rate	60% of the time.	70% of the time.	80% of the time.	90% of the time.
Serve placement		Begins to develop serve placement.	Regularly places serve deep in the court.	
Return of serves		Begins to use higher and deeper serve returns to allow time approach to the net.	Regularly uses higher and deeper serve returns to allow time to approach the net.	
3rd shot drop		Tries to hit a soft drop shot to get closer to the net (3rd, 5th, shot drop, etc.).	Able to hit a soft drop shot to approach the net (3rd, 5th, shot drop, etc.).	Consistently hits the soft drop shot from the baseline to the net (3rd, 5th, shot drop, etc.).
Forehand	Tries to control the forehand (direction, depth, height above the net).	Develops forehand control (placement, direction, depth).	Demonstrates forehand control (direction, depth, and speed).	Consistent, reliable forehand including directional control, depth, placement, and speed.
Backhand	Tries the backhand stroke. Very limited use of backhand stroke.	Develops backhand control (placement, direction, depth).	Demonstrates backhand control (direction, depth, and speed).	Consistent, reliable backhand, including directional control, depth, placement, and speed.
Rallies	Is able to keep the ball in play for a few exchanges. Can keep the ball in play for longer exchanges.		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.	Able to switch from a soft shot strategy to a power-shot strategy, and vice versa. Can control speed on strokes without hitting too hard or hitting the ball out of the court.
Volleys	Very limited use of volleys.	Maintains a short volley session at the net.	Maintains a short volley session at the net with some control and placement.	
Dinks	From the NVZ line, try small low shots (short "dink").	Develops a sustained exchange of short, low shots (dink) at the net.	Initiates and maintains a sustained exchange of dinks at the net.	Regularly initiates and maintains a sustained exchange of dinks at the net until an "attackable" shot is received.
Lobs	Can sometimes lob with the forehand.	Begins to use the forehand lob with some success.	Uses a lob (forehand and backhand) as needed.	Precise lob placement.
Overheads and overhead returns	Very limited use of smash.		Striking with overhead control.	Has consistent and reliable overhead shots, including some directional control, depth, placement, and speed. Can block and return overhead shots. Develops the ability to return overhead shots.