SELF-ASSESSMENT

PICKLEBALL CANADA SKILL LEVEL GUIDELINES

The following skill sets serve as a guide to assess your own skill level.

COMPETENCIES	2.0	2.5	3.0	3.5	4.0
Moves in a safe and balanced manner	●	●	●	●	●
Serves and returns serves successfully at least 50% of the time	●	●	●	●	●
Learning court positioning during serves, returns, and rallies, but is not yet comfortable in certain positions	●	●	●	●	●
Knows the 2-bounce rule and applies it during matches	●	●	●	●	●
Ability to keep score easily	●	●	●	●	●
Basic groundstrokes with very limited use of backhand, smash, and volley	●	●	●	●	●
Able to keep the ball in play during a few rallies	○	●	●	●	●
Knows basic rules, including the 2-bounce rule and score attribution	○	●	●	●	●
Tries to control the forehand (direction, depth, height above the net)	○	●	●	●	●
Tries backhand strokes	○	●	●	●	●
Serves and returns successfully at least 60% of the time	○	●	●	●	●
Knows where to position oneself as server, server's partner, and receiver	○	●	●	●	●
Regularly approaches the non-volley zone (NVZ) to hit volleys	○	●	●	●	●
Can keep the ball in play during longer rallies	○	●	●	●	●
Can sometimes use the forehand lob	○	●	●	●	●
Developing good hand-eye coordination	○	●	●	●	●
From the NVZ line, attempts short, low shots (short dink)	○	●	●	●	●
Good mobility	○	○	●	●	●
Executes good footwork and moves with ease to reach the NVZ if necessary	○	○	●	●	●
Developing forehand control (placement, direction, depth)	○	○	●	●	●
Developing backhand control (placement, direction, depth)	○	○	●	●	●
Succeeds in serves and returns of serve at least 70% of the time	○	○	●	●	●
Beginning to develop serve placement	○	○	●	●	●
Beginning to use higher and deeper return of serves to allow a faster approach to the net	○	○	●	●	●

COMPETENCIES	2.0	2.5	3.0	3.5	4.0
Approaches the NVZ quickly rather than staying in the back			●	●	●
Sustains a short volley session at the net			●	●	●
Demonstrates good court positioning for doubles play and how to 'move as a team'			●	●	●
Beginning to use the forehand lob with some success			●	●	●
Developing a sustained exchange of short, low shots (dink) at the net			●	●	●
Attempts to hit a soft drop shot to approach the net (3rd, 5th shot drop, etc.)			●	●	●
Tries to adapt to different ball speeds			●	●	●
Knows all major rules, including how to reconstruct the score and the correct server			●	●	●
Demonstrates forehand control (direction, depth, and speed)				●	●
Demonstrates backhand control (direction, depth, and speed)				●	●
Serves and returns serves successfully at least 80% of the time				●	●
Regularly places their serve deep in the court				●	●
Regularly uses higher and deeper return of serves to have time to approach the net				●	●
Quickly approaches the NVZ (when applicable) instead of staying back				●	●
Capable of playing effectively with a partner; beginning to use strategies to communicate between partners and cover the court as a team				●	●
Tries to avoid hitting balls that are heading out of bounds				●	●
Consistently hits the ball lower than the net				●	●
Developing a wide variety of strokes with some consistency				●	●
Learning to use soft shots and powerful shots to their advantage				●	●
Developing consistency in shot placement, including the ability to create and place balls into open spaces				●	●
Sustains a short volley session at the net with some control and good placement				●	●
Initiates and sustains a steady exchange of dinks at the net				●	●
Capable of hitting a soft drop shot to approach the net (3rd, 5th shot drop, etc.)				●	●
Consistently adapts to different ball speeds				●	●
Hits with overhead control				●	●
Uses a lob (forehand and backhand) if necessary				●	●

COMPETENCIES	2.0	2.5	3.0	3.5	4.0
Good speed	○	○	○	◉	◉
Developing patience during rallies	○	○	○	◉	◉
Serves and returns serves successfully at least 90% of the time	○	○	○	○	◉
Possesses a reliable forehand and backhand, particularly regarding control of direction, depth, placement, and speed	○	○	○	○	◉
Overhead shots are consistent and reliable, with some control over direction, depth, placement, and speed	○	○	○	○	◉
Precise lob placement	○	○	○	○	◉
Regularly hits the shot from the baseline up to the net (3rd, 5th drop shot, etc.)	○	○	○	○	◉
Initiates and regularly sustains a steady exchange of dinks at the net until an 'attackable' shot is received	○	○	○	○	◉
Capable of transitioning from a soft shot strategy to a powerful shot strategy, and vice versa	○	○	○	○	◉
Can block and return overhead shots	○	○	○	○	◉
Developing the ability to return overhead shots	○	○	○	○	◉
Can control shot speed without hitting too hard or hitting the ball out of bounds	○	○	○	○	◉
Moves effectively with their partner, easily changes sides, and communicates effectively	○	○	○	○	◉
Controls the game at the NVZ line, pushing opponents back and controlling ball speed and placement	○	○	○	○	◉
Constantly moves the opponent to create open spaces	○	○	○	○	◉
Recognizes and exploits weaknesses in the opponent's game	○	○	○	○	◉
Can effectively intercept ('poach')	○	○	○	○	◉