

<b>Name:</b>						
<b>Date:</b>						
<b>Pickleball Skill Level Ratings</b>						
Evaluate yourself based on your current self-rating <i>during game play</i> . Note Age & Physical limitations will impact level.						
<b>HITTING HARD AND WINNING AND PLAYING SMART AND WINNING ARE NOT THE SAME THING.</b>						
Use the following scale for scoring:						
1. Needs Improvement: 0% - 49% of the time						
2. Fair: 50% - 69% of the time						
3. Good: 70% - 79% of the time						
4. Very Good: 80% - 89% of the time						
5. Excellent: 90% - 100% of the time						
Total the scores for each skill level and divide by the number of skills to provide an overall rating average						
<b>2.0 / 2.25 Skill Level</b>						
1	Just began playing	-				
2	Learning all the basics	-				
<b>2.5 / 2.75 Skill Level</b>						
1	Knows the basic rules, including the two-bounce rule	1	2	3	4	5
2	Able to hit a forehand and backhand ground strokes with direction	1	2	3	4	5
3	Learning what ready position is	1	2	3	4	5
4	Serves accurately into the correct square with focus on direction	1	2	3	4	5
5	Able to hit the return of serve with direction	1	2	3	4	5
6	Sustains a dink rally with players of equal ability	1	2	3	4	5
7	Able to volley with some direction	1	2	3	4	5
8	Understands the fundamentals of the game and proper court positioning	1	2	3	4	5
9	Has heard of the continental grip	1	2	3	4	5
10	Uses lob but doesn't control it well	1	2	3	4	5
11	Can hit overheads with some control	1	2	3	4	5
12	Still learning how to cover lobs	1	2	3	4	5
13	Has heard of being compact	1	2	3	4	5
14	Accurately keeps score	1	2	3	4	5
15	Improving mobility, balance, quickness, and hand-eye coordination	1	2	3	4	5
16	Learning the split step	1	2	3	4	5
17	Learning patience	1	2	3	4	5
18	Learning a wide base with your feet and why it is important	1	2	3	4	5
<i>*Note: Age &amp; Physical limitations that affect movement will lower the rating*</i>						
<b>Total Score</b>						
<b>Divided by 18</b>						
If you scored an average of 1 or 2, rate at the next level down to get a correct rating. If your average was a 3, you are at a 2.5, if your average was a 4 or 5, you are a 2.75.						
<b>3.0 / 3.25 Skill Level</b>						
<i>(Difference between 3.0 and 3.25: More <b>consistency</b> on all shots &amp; better anticipation)</i>						
1	Forehand and backhand with medium pace, direction, and <b>consistency</b>	1	2	3	4	5
2	Player is familiar with the continental grip & starting to use	1	2	3	4	5

3	Serve with medium pace, depth, direction, and <b>consistency</b>	1	2	3	4	5
4	Able to hit the return of serve with direction and <b>consistency</b>	1	2	3	4	5
5	Always in ready position	1	2	3	4	5
6	Learning how to play compact	1	2	3	4	5
7	Sustains a dink rally with control	1	2	3	4	5
8	Hits a medium-paced third shot with direction	1	2	3	4	5
9	Volleys with medium pace, direction, and <b>consistency</b>	1	2	3	4	5
10	Getting more comfortable with the overhead and placement	1	2	3	4	5
11	Can lob the ball with varying direction	1	2	3	4	5
12	Learning how to cover lobs while moving back	1	2	3	4	5
13	Improving ability to read the ball and change pace of shots	1	2	3	4	5
14	Improving anticipation	1	2	3	4	5
15	Learning when to move up and back on the court	1	2	3	4	5
16	Strong understanding of rules, court positioning, and scoring	1	2	3	4	5
17	Good mobility, quickness, and hand-eye coordination	1	2	3	4	5
18	<b>Consistently</b> getting to the kitchen line after the return.	1	2	3	4	5
19	Learning to drop from all areas of the court	1	2	3	4	5
20	Improving patience	1	2	3	4	5
21	Improving the split step	1	2	3	4	5
22	Learning when you are on offence and when you are on defense	1	2	3	4	5
23	Improving your wider stance	1	2	3	4	5

*\*Note: Age & Physical limitations that affect movement will lower the rating\**

**Total Score**

**Divided by 23**

**If you scored an average of 1 or 2, rate at the next level down to get a correct rating. If your average was a 3, you are at a 3.0, if your average was a 4 or 5, you are a 3.25.**

**3.5 / 3.75 Skill Level**

*(Difference between 3.5 and 3.75: **Consistency** & good anticipation)*

1	Forehand and backhand with good shot control	1	2	3	4	5
2	Player uses continental grip	1	2	3	4	5
3	Always in ready position	1	2	3	4	5
4	Good at anticipating	1	2	3	4	5
5	Player is starting to use topspin, slice and other spins on all shots	1	2	3	4	5
6	<b>Consistently</b> gets serves and returns in, with varying speed and depth	1	2	3	4	5
7	Places serves and returns deep in the court	1	2	3	4	5
8	Reads the ball well	1	2	3	4	5
9	Sustains medium-length dink rallies, controlling height, depth, and pace	1	2	3	4	5
10	Effectively executes third-shot drops to gain net advantage	1	2	3	4	5
11	Resets or drops hard balls with softness from all areas of the court	1	2	3	4	5
12	Volleys with control and can sustain short rallies at the net	1	2	3	4	5
13	Plays compact and understand the importance	1	2	3	4	5
14	Solid overhead with good placement	1	2	3	4	5

15	Lobs well both offensively and defensively	1	2	3	4	5
16	Can cover lobs well	1	2	3	4	5
17	Moves quickly to the non-volley zone (NVZ) when opportunities arise	1	2	3	4	5
18	Understands difference between hard and soft game and when to use each	1	2	3	4	5
19	Basic knowledge of stacking and when to implement it	1	2	3	4	5
20	Solid mobility, quickness, and hand-eye coordination	1	2	3	4	5
21	Volleys a variety of shots at different speeds	1	2	3	4	5
22	Controls NVZ, keeping opponents back	1	2	3	4	5
23	Minimal number of unforced errors per game (less than 5)	1	2	3	4	5
24	Very good patience during play	1	2	3	4	5
25	Very good at being in a wide stance	1	2	3	4	5
26	Very good at using the split step	1	2	3	4	5

*\*Note: Age & Physical limitations that affect movement will lower the rating\**

**Total Score**

**Divided by 26**

**If you scored an average of 1 or 2, rate at the next level down to get a correct rating. If your average was a 3, you are at a 3.5, if your average was a 4 or 5, you are a 3.75.**

**4.0 / 4.5 Skill Level**

*(Difference between 4.0 and 4.5: **Consistency** with all shots & excellent anticipation)*

1	Forehand and backhand with depth, control, and <b>consistency</b>	1	2	3	4	5
2	Player uses a variety of grips throughout	1	2	3	4	5
3	Always in ready position	1	2	3	4	5
4	Plays very compact	1	2	3	4	5
5	Anticipates very well	1	2	3	4	5
6	<b>Consistent</b> overhead from all areas of the court	1	2	3	4	5
7	Lobs very well defensively and offensively	1	2	3	4	5
8	Covers lobs effectively and strategically	1	2	3	4	5
9	Player is <b>consistently</b> using topspin, slice and other spins on all shots	1	2	3	4	5
10	Serves and returns with varying depth and speed	1	2	3	4	5
11	<b>Consistent</b> , dependable overheads with directional control and placement	1	2	3	4	5
12	Accurate placement of lobs	1	2	3	4	5
13	Sustains dink rallies with control, height, and depth	1	2	3	4	5
14	Recognizes attackable vs. non-attackable balls in dink rallies	1	2	3	4	5
15	Patiently executes dink exchanges to set up put-away shots	1	2	3	4	5
16	<b>Consistently</b> executes third-shot drops from the baseline to approach the net	1	2	3	4	5
17	Transitions between soft and power shots strategically	1	2	3	4	5
18	Volleys a variety of shots at different speeds	1	2	3	4	5
19	Blocks and returns fast, hard volleys	1	2	3	4	5
20	Controls NVZ, keeping opponents back	1	2	3	4	5
21	Moves in sync with partner and adapts positioning	1	2	3	4	5
22	Strong understanding of stacking and switching for offensive positioning	1	2	3	4	5
23	Broad knowledge of game rules	1	2	3	4	5

24	Minimal number of unforced errors per game (less than 4)	1	2	3	4	5
25	Identifies opponents' weaknesses and adjusts strategy accordingly	1	2	3	4	5
26	Plays competitively in tournaments	1	2	3	4	5
27	Very good mobility, quickness, and hand-eye coordination	1	2	3	4	5
28	Excellent patience	1	2	3	4	5
29	Excellent at being in a wide stance	1	2	3	4	5
30	Excellent at the split step	1	2	3	4	5

*\*Note: Age & Physical limitations that affect movement will lower the rating\**

**Total Score**

**Divided by 30**

**If you scored an average of 1 or 2, rate at the next level down to get a correct rating. If your average was a 3, you are at a 4.0, if your average was a 4 or 5, you are a 4.25 and up.**