

## SUN LAKES PICKLEBALL CLUB IRONOAKS 4.0 Skill Requirements Guide

Possible Points Total	110
76% Minimum Points Required	84

Skill to Demonstrate		76%	Check Off Shots Made	Shots Made	Total Points
<b>1. Serve:</b>	<b><u>Goal: 8 of 10 (@ Baseline)</u></b>				
	Even Court: Land in Back Half of opponent's Even Court	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
	Odd Court: Land in Back Half of opponent's Odd Court	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
<b>2. Return of Serve:</b>	<b><u>Goal: 8 of 10 (@ Baseline)</u></b>				
	Even Court: Forehand Return Land in Back Half of Court	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
	Odd Court: Backhand Return Land in Back Half of Court	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
<b>3. Dink:</b> (Unattackable)	<b><u>Goal: 16 of 20 (@ NVZ)</u></b> Windshield Wiper Dink Link to Video: <a href="#">Windshield Wiper Dink</a>	16 of 20	<input type="checkbox"/>	<input type="checkbox"/>	
<b>4. Drop Shot:</b>	<b><u>Goal: 16 of 20 (@ Mid-Court + Ball Feeder @ NVZ)</u></b>				
Mid-Court	Forehand Straight Across: Land in 1/3 of NVZ	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
(Unattackable)	Forehand Crosscourt: Land in Crosscourt 1/3 of NVZ	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
	Backhand Straight Across: Land in 1/3 of NVZ	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
	Backhand Crosscourt: Land in Crosscourt 1/3 of NVZ	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
<b>5. Drop Shot:</b>	<b><u>Goal: 14 of 20 (@ Baseline + Ball Feeder @ NVZ)</u></b>				
Baseline	Forehand Straight Across: Land anywhere in NVZ	7 of 10	<input type="checkbox"/>	<input type="checkbox"/>	
(Unattackable)	Backhand Straight Across: Land in anywhere NVZ	7 of 10	<input type="checkbox"/>	<input type="checkbox"/>	
<b>6. Offensive Lob:</b>	<b><u>Goal: 4 of 5 (@ NVZ over Paddle of Ball Feeder @ NVZ)</u></b> Forehand: Land anywhere in Back Half of opponent's Court	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
<b>7. Punch / Block Volley:</b>	<b><u>Goal: 14 of 20 (@ NVZ + Ball Feeder @ Baseline)</u></b>				
	Forehand Punch: Land anywhere in Back 1/3 of opponent's Court	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
	Backhand Punch: Land anywhere in Back 1/3 of opponent's Court	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
	Forehand Block: Land anywhere in NVZ	3 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
	Backhand Block: Land anywhere in NVZ	3 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
<b>8. Overhead Shot:</b>	<b><u>Goal: 4 of 5 (@ Mid-Court + Ball Feeder @ Mid-Court)</u></b> Forehand: Land anywhere in opponent's Court	4 of 5	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Grand Total Points Made:</b>					<input type="checkbox"/>

### Notes:

- 1. Goal:** Expected minimum result based on the skill level being demonstrated.
- 2. Minimum Points to Pass:** The grand total of all points scored for Skills Demonstration needed to pass.
- 3. Unattackable Shot:** Defined as a Dink or Drop Shot that bounces off the court to a height below the top of the net.
- 4. Mid-Court:** Defined as 7 Ft. 6 In. from the Baseline on the centerline for Overhead Shots or outside 1/3 of the Court for Drop Shots.
- 5. Back Half of Court:** Defined as the court area from the Baseline to 7 Ft. 6 In. from the Baseline.
- 6. Crosscourt 1/3 of NVZ:** Defined as 6 Ft. 8 In. from the NVZ sideline.
- 7. Back 1/3 of Court:** Defined as the court area from the Baseline to 5 Ft. from the Baseline.
- 8. Windshield Wiper Dink:** Players traveling the net in opposite directions. Click on Link to view video.
- 9. Opponent's Court:** Defined as any in-bound area of the court across the net from the Candidate.
- 10. Return of Serve:** Adjust Forehand and Backhand procedure for left handed player.