



# Sun Lakes Pickleball Club

## IronOaks

### PICKLEBALL RATING GUIDE FOR 3.0 SKILL LEVEL

#### PERSONAL SKILLS - 40%

**1. Serve - 10 serves:** Deuce court 5 & Ad court 5 completing **6 out of 10**.

Evaluate serves that are legal, "in" and land in back half of court.

Deuce Court: **3 Serves In**

Ad Court: **3 Serves In**

**2. Return of Serve - 10 returns:** Deuce court 5 & Ad court 5 completing **6 out of 10**.

Evaluate returns that are "in" and land in back half of court.

Deuce Court: **3 Returns In**

Ad Court: **3 Returns In**

**3. Dinks at NVZ (Non-Volley Zone): 7 out of 10** dink rally using forehand & backhand.

Evaluate ability to sustain forehand & backhand dinking rally.

**4. Volley at the NVZ: 6 out of 10.** Feeder will hit balls from the baseline.

Evaluate ability to place the ball in the back half of opponents court.

**5. Drop shots from transition area (mid-court) - 5 out of 10** in NVZ

**Drop shots from baseline - 2 out of 5** in NVZ

Evaluate ability to hit forehad & backhand drop shots that are "in" & not "easily attackable"

**6. Overheads: 3 out of 5** must land in the opponents court.

Evaluate set-up and execution of overhead shots from mid-court.

**7. Lobs: 3 out of 5** offensive lobs from NVZ Line must land in the opponents court.

Evaluate set-up and execution of the lobs from a forehand dink.

#### COMPETITIVE TEAM PLAY SKILLS - 60%

##### Individual skills in Team Play

Uses a variety of the above skills in competition

Demonstrates knowledge of the rules

Moves to the NVL (Non-Volley Line) as quickly as the point dictates

Demonstrates patience at the NVL through sustained dinking

Demonstrates aggressive play when the opportunity presents itself

Recognizes and does not swing at "out" balls

Sets up points by "moving opponents," creating gaps, and scoring opportunities

Ability to "reset" points with a slower return of a fast-paced shot by opponent

##### Skills relating to play with a partner

Communicates verbally with partner

Moves with partner on the court to limit opening defensive gaps

Confidently takes shots that are his/hers

Gives partner space to hit his/her shots