



Sun Lakes Pickleball Club

IronOaks

PICKLEBALL RATING GUIDE FOR 3.5 SKILL LEVEL

PERSONAL SKILLS - 40%

- 1. Serve - 10 serves:** Deuce court 5 & Ad court 5 completing **8 out of 10**.
Evaluate serves that are legal, "in" and land in back half of court.
Deuce Court: **4 Serves In**
Ad Court: **4 Serves In**
- 2. Return of Serve - 10 returns:** Deuce court 5 & Ad court 5 completing **8 out of 10**.
Evaluate returns that are "in" and land in back half of court.
Deuce Court: **4 Returns In**
Ad Court: **4 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: 7 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) - 8 out of 10** in NVZ.
Drop shots from baseline - 3 out of 5 in NVZ.
Evaluate ability to hit forehand & 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 & land in back half of 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