

Club Skill Level Guidelines



Silverridge Pickleball Club Skill Level Guidelines						
The following self-assessment is a guide to help you assess your skill level.						
SKILLS	LEVEL					
	2	2.5	3.0	3.25	3.5	4.0+
Moves safely with balance						
Successfully serves and returns serves at least 50% of the time						
Learns where to position oneself on the court during serves, returns, and exchanges, but still is not comfortable with certain positions						
Knows the 2-bounce rule and applies it during games						
Can keep the ball in play for a few exchanges						
Knows the basic rules, including the two-bounce rule and scoring						
Tries to control the forehand (direction, depth, height above the net)						
Tries the backhand stroke						
Successfully serves and returns at least 60% of the time						
Knows where to position oneself as server, server partner, and receiver						
Regularly approaches the non-volley zone (NVZ) to hit volleys						
Can keep the ball in play for longer exchanges						
Can sometimes lob with the forehand						


















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	2	2.5	3.0	3.25	3.5	4.0+
Develops good hand-eye coordination						
From the NVZ line, try small low shots (short “dink”)						
Has good mobility						
Executes good footwork and moves with ease to reach the NVZ as needed						
Develops forehand control (placement, direction, depth)						
Develops backhand control (placement, direction, depth)						
Successfully serves and return serves at least 70% of the time						
Begins to develop serve placement						
Begins to use higher and deeper serve returns to allow time approach to the net						
Quickly approaching the NVZ rather than staying behind						
Maintains a short volley session at the net						
Demonstrates good court positioning for doubles play and how to “move as a team”						
Begins to use the forehand lob with some success						
Develops a sustained exchange of short, low shots (dink) at the net						























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	2	2.5	3.0	3.25	3.5	4.0+
Tries to hit a soft drop shot to get closer to the net (3rd, 5th, shot drop, etc.)						
Tries to adapt to different ball speeds						
Knows all the main rules, including how to reconstruct the score and the correct server						
Demonstrates forehand control (direction, depth, and speed)						
Successfully serves and returns serves at least 80% of the time						
Regularly places serve deep in the court						
Regularly uses higher and deeper serve returns to allow time to approach the net						
Quickly approaches the NVZ (when appropriate) rather than staying behind						
Able to play effectively with a partner. Begins to use strategies for communicating between partners and covering ground as a team						
Attempts to avoid hitting balls that are heading out of bounds						
Hits the ball consistently lower over the net						
Develops a wide variety of strokes with a certain consistency						
Develops consistency in shot placement, including the ability to create and place balls in open spaces						












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Maintains a short volley session at the net with some control and placement						
Initiates and maintains a sustained exchange of dinks at the net						
Demonstrates backhand control (direction, depth, and speed)						
Learns to use soft shots vs. power shots to their advantage						
Able to hit a soft drop shot to approach from the net (3rd, 5th, shot drop, etc.)						
Adapts consistently to different ball speeds						
Striking with overhead control						
Uses a lob (forehand and backhand) as needed						
Good speed						
Develops patience during exchanges						
Successfully serves and returns serves at least 90% of the time						
Has a consistent, reliable forehand and backhand, including directional control, depth, placement, and speed						
Has consistent and reliable overhead shots, including some directional control, depth, placement, and speed						

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Precise lob placement						
Consistently hits the soft drop shot from the baseline to the net (3rd, 5th, shot drop etc.)						
Regularly initiates and maintains a sustained exchange of dinks at the net until an “attackable” shot is received						
Able to switch from a soft shot strategy to a power-shot strategy, and vice versa						
Can block and return overhead shots						
Develops the ability to return overhead shots						
Can control speed on strokes without hitting too hard or hitting the ball out of the court						
Moves efficiently with partner, switches sides easily and communicates effectively						
Controls play at the NVZ line, keeping opponents back and controlling the speed and placement if the ball						
Constantly makes the opponent move in order to create open spaces						
Recognizes and exploits weaknesses in opponents' play						
Can intercept (“poach”) effectively						