

Skill Level Assessment for Lessons—Based on skills and some of the skills we aim to work on to get to the next level-- (some of this is taken from USA Pickleball- some is my own- especially what we will focus on to improve at each level)

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Beginner—well that is more obvious than the others—you are a beginner and do not have other racquet sport skills. The good news- no bad habits!

Advanced Beginner (probably 3.0 in tournaments)

Beginner with other racquet ball skills-- you are probably already an advanced beginner

Able to hit a medium paced forehand with direction and moderate consistency

Able to hit a medium paced backhand with direction and moderate consistency

Able to hit a medium paced serve with consistency, though not always deep

Able to return medium paced serves

Able to sustain a dink rally with control

Able to hit a medium paced 3rd shot with direction

Able to hit a medium paced volley with direction and consistency

Focus work on:

Proper form to advance to correct shots placement, and height

Drops from different distances

Serves and return of serves

Dinking consistently

Intermediate 3.25 ish-- Just because you have played another ball sport, does not mean you are intermediate yet—requires more skills

Able to use a forehand with moderate level of shot control

Able to use a backhand with moderate level of shot control

Consistently gets serve in

Consistently gets return of serve in

Able to place serves deep in the court

Able to place return of serves deep into the court

Able to dink and sustains short to medium length rallies

Able to control height/depth of dink shot

Understands variation of pace of dink shot

Able to hit a 3rd shot drop to gain advantage to the net

Able to volley with medium paced shots with control

Sustains a short volley session at the next with placement and control

Moves quickly to NVZ (non-volley zone) when opportunity is there  
Understands proper court position  
Understands difference b/w hard game and soft game and knows when to use it  
Basic knowledge of stacking and knows when to use it  
Able to sustain short rallies  
Has good mobility / quickness /hand-eye coordination

Needs to work on

- Drops
- Getting to the NVZ - introduce resets
- Not popping up the ball
- Defensive, offensive and neutral dinks
- Drives
- Blocking drives

Advanced Intermediate ( 3.5 ish) Just because you are a great tennis player, does not mean you are a 3.5 yet—but you will be very soon!

Able to use a forehand with moderate level of shot control  
Able to use a backhand with moderate level of shot control  
Consistently gets serve in- and can get it deep  
Consistently gets return of serve in and can get it deep  
Able to dink and sustains medium length rallies  
Able to control height/depth of dink shot  
Understands variation of pace of dink shot- offensive, neutral, defensive  
Able to hit a 3rd shot drop to gain advantage to the net  
Able to volley with medium paced shots with control  
Sustains a short volley session at the net with placement and control  
Moves quickly to NVZ (non-volley zone) when opportunity is there  
Understands proper court position  
Understands difference b/w hard game and soft game and knows when to use it  
Basic knowledge of stacking and knows when to use it  
Able to sustain short rallies  
Has good mobility / quickness /hand-eye coordination

Needs to work on:

- Resets, resets, resets
- Drives / Drops
- Drop/drives

Dinking consistently with purpose  
Positioning and partnering early  
Consistency, consistency, consistency  
Lobs and retrieving lobs

#### Advanced (4.0 and above)

Consistently hits forehand with depth and control  
Consistently hits backhand with depth and control  
Consistently gets serve in with varying depth and speed  
Consistently gets return of serve in with varying depth and speed  
Consistent and dependable overheads (directional control, depth and placement)  
Accurate in placing lobs  
Able to sustain dink rally with control, height and depth of shot  
Understands which balls are attackable and those that are not in a dink rally  
Sustains a dink exchange with patience at the net to elicit a “put away” shot  
Consistently executes 3rd shot drop from the baseline to approach the net  
Able to change soft shots to power shots to create an advantage  
Able to volley a variety of shots at varying speeds  
Able to block and return fast, hard volleys  
Able to control NVZ (non-volley zone) keeping their opponents back  
Aware of partners position on the court and moves as a team  
Solid understanding of stacking and when and how it can be used effectively  
Demonstrates ability to change position in an offensive manner (switching)  
Demonstrates a broad knowledge of the rules of the game  
Has a moderate number of unforced errors per game  
Can identify opponents’ weaknesses and formulate plan to attack weaknesses  
Plays competitively in tournaments—or could if they wanted  
Has good mobility / quickness / hand-eye coordination

#### Needs to work on:

Adding more types of serves  
Completely consistent with dinks  
Speed ups and resets  
Top spin at the NVZ  
3<sup>rd</sup> shot drive, 5<sup>th</sup> shot drop  
Resets from every place on the court  
Getting to NVZ and backing up—court positioning early

Knowing the chess game in front of you

Stacking and Switching

Partnering seamlessly