

PICKLEBALL SKILLS REQUIRMENTS – 3.0 LEVEL

- Attempting to consistently dink while changing directions from cross court to down the line forehand & backhand
- Does not back up unnecessarily from NVZ
- Punches volley to the back ½ of opponent court
- Sustains a short volley exchange at the net
- Can perform 3rd shot drop by long dinking from the transition area
- Using 3rd shot drop during match play on the short court
- Moving forward as a team to approach NVZ for dinks & volleys
- Can perform an overhead with better control while maintaining proper position
- Has good mobility & quickness
- Demonstrates improved control on forehand groundstrokes (direction, depth, height)
- Better control on backhand groundstrokes
- Keeps ball in play during short rallies
- Attempts offensive lobs during play
- Demonstrates placement & depth on serves
- Demonstrates placement & depth on return of serves
- Attempting to adjust to different ball speeds (serves, groundstrokes, volleys)

Skill Performance Requirements:

Dinks	<ul style="list-style-type: none"> • Forehand down the line 7/10 • Forehand cross court 7/10 • Backhand down the line 7/10 • Backhand cross court 7/10
3rd Shot Drop from transition area	<ul style="list-style-type: none"> • Forehand 5/10 • Backhand 5/10
3rd Shot Drop from base line	<ul style="list-style-type: none"> • Forehand 2/10 • Backhand 2/10
Volleys	<ul style="list-style-type: none"> • Forehand Punch Volley 6/10 • Backhand Punch Volley 6/10
Serves (ball lands in back half of opponent's court)	<ul style="list-style-type: none"> • Right Side Court 3/5 • Left Side Court 3/5
Return of Serves (ball lands in back half of opponent's court)	<ul style="list-style-type: none"> • Right Side Court 3/5 • Left Side Court 3/5
Overheads	<ul style="list-style-type: none"> • Overhead/Put-Away 2/5
Offensive Lobs from NVZ line	<ul style="list-style-type: none"> • Offensive Lobs 2/5

PICKLEBALL SKILLS REQUIREMENTS - 3.5 LEVEL

- Can consistently dink while changing directions from cross court to down the line forehand & backhand
- Punches volley to the back ½ of opponent court, to keep opponents at the baseline
- Sustains a controlled volley exchange at the net
- Performs 3rd shot drop from the baseline
- Is beginning to dink with a purpose
- Moving forward as a team to approach NVZ for dinks & volleys
- Developing directional control while performing an overhead
- Demonstrates control on forehand groundstrokes (direction, speed, depth, height)
- Demonstrates control on backhand groundstrokes (direction, depth, height)
- Keeps ball in play during rallies and is aware of minimizing errors
- Able to communicate effectively with partner & utilize different strategies to expose opponent weaknesses
- Using deeper and higher returns to approach the net quicker
- Uses offensive lobs effectively
- Demonstrates better placement and depth on serves
- Demonstrates better placement and depth on return of serves
- Improved control when adjusting to different ball speeds (serves, groundstrokes, volleys)

Skill Performance Requirements:

Dinks	<ul style="list-style-type: none"> • Windshield wiper dinks 14/20
3rd Shot Drop from transition area	<ul style="list-style-type: none"> • Forehand down the line 8/10 • Forehand cross court 8/10 • Backhand down the line 8/10 • Backhand cross court 8/10
3rd Shot Drop from base line	<ul style="list-style-type: none"> • Forehand down the line 3/5 • Backhand down the line 3/5
Overheads	<ul style="list-style-type: none"> • Overhead/Put-Away 3/5
Offensive Lobs from the NVZ line	<ul style="list-style-type: none"> • Offensive Lobs 3/5
Volleys (ball lands in back half of opponent's court)	<ul style="list-style-type: none"> • Forehand Punch Volley with directional & depth control 7/10 • Backhand Punch Volley with directional & depth control 7/10
Serves (ball lands in back half of opponent's court)	<ul style="list-style-type: none"> • Right Side Court 4/5 • Left Side Court 4/5
Return of Serves (ball lands in back half of opponent's court)	<ul style="list-style-type: none"> • Right Side Court Forehand 4/5 • Left Side Court Backhand 4/5