



# How Am I Doing at Pickleball? A Self-Assessment Guide

## 1) How is my Serve?

- A) I get about half of my serves in, not fast or hard.
- B) I get about 75% of my serves in, and can place some deep.
- C) I get about 90% of my serves in, place the majority deep, and some are Aces.
- D) I get almost all of my serves in, vary the type, serve hard and deep, and can place them where I want.
- E) I rarely ever miss my serve, use a variety of shots, can spin and control them, and place where I want.

## 2) How is my Return of Serve?

- A) I sometimes miss my Return entirely, especially against better players.
- B) I am beginning to Return most of them deep, but not consistently.
- C) I Return most of the serves and return them deep, the majority of the time.
- D) I can Return almost all of the serves, whether they are long or short, lobs, or fast and hard, and I can return them appropriately.
- E) I can Return almost all of the serves that come my way, and can place the Return so my opponent has to work hard to get it.

## 3) How is my Forehand Volley shot?

- A) I sometimes pop the ball up, hit it into the net, out-of-bounds, or I miss it entirely.
- B) I can usually return my Forehand shots, but miss the hard and fast ones.
- C) I return my Forehand shots most of the time and am beginning to keep them lower to the net.
- D) My Forehand is my strongest shot, my hardest and most accurate, and low to the net.
- E) I rarely miss a Forehand shot; return it with accuracy, often hard and spinning.



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## 4) How is my Backhand Volley shot?

- A) I often miss this shot and my Backhand is very weak.
- B) I'm beginning to anticipate this shot and am moving into position to get it, but am sometimes late.
- C) I have worked on this shot, anticipate it better, and return it about half the time.
- D) I see the shot coming and ready to return it low to the net and am successful about 75% of time.
- E) My Backhand is no problem; I can return it with speed, force, and accuracy about 90% of the time.

## 5) How is my Lob shot?

- A) I don't know when, where, or how to hit a Lob shot, so I rarely, if ever, use it.
- B) About half of my Lob shots land in-bounds, about half go out-of-bounds.
- C) I am beginning to learn when, where, and how to use a Lob shot, and successful with it about 50%
- D) I am good at executing the Lob shot and am successful with it about 75% of the time.
- E) I know when, where, and how to execute the Lob shot and do it with accuracy about 90% of the time.

## 6) How are my Dinking skills?

- A) I can get my Dink shots over the net about half of the time, but rarely use a Dink shot in a game.
- B) I am beginning to learn the importance of the Dink shot and starting to implement it in my game.
- C) I am learning the purpose of the Approach shot (Drop or Lob), to get to the net and begin Dinking.
- D) I often use the Drop shot, so my partner and I can get to the net, and we move together while Dinking.
- E) I consistently use the Drop shot and know how to Dink and move effectively along the NVZ with my partner.



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### 7) How is my Overhead Slam / Put Away shot?

- A) I rarely use this shot and when I do, it often goes into the net or out-of-bounds.
- B) My Slam shot is not as hard or as accurate as I want it to be.
- C) I can execute my Slam shot and place it where I want about 50% of the time.
- D) My Slam shot is fairly hard, consistent, and accurate at least 75% of the time.
- E) My Put Away shot is one of my best shots: hard, fast, and accurate at least 90% of the time.

### 8) How are my Communication Skills with my partner?

- A) I rarely talk to my partner about the game, except to say, "Yours, Mine, or Out."
- B) I am beginning to communicate basic observations to my partner, like who is a Leftie, hit to the backhand, and who appears to be the weaker opponent.
- C) I communicate often to my partner with: "Yours, Mine, No, Switch, Come Up, Stay Back, Put It Away, etc., to keep our "wall" intact.
- D) I communicate most of the time to my partner, and we move together as a "team."
- E) I communicate all of the time to my partner, and we function as one "unit" on the court.

### 9) How are my Strategy Skills?

- A) I don't know much about "strategy of the game" and only concentrate on getting the ball back over the net.
- B) I am learning to put the ball where my opponent is not, and thinking about knowing what shots to use when and where.
- C) I am beginning to use a variety of shots and know the strategy of using certain shots at certain times.
- D) I consistently know the strategy of which shots to use and why I am using them to control the game.
- E) I am a student of the game and understand the importance of using various strategies to keep my opponents back and controlling the game.



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### 10) How are my Footwork Skills?

- A) I am often “not in the right spot” and therefore miss some shots; or I can’t move fast.
- B) I am beginning to anticipate where the shot is going to land and move to the spot earlier.
- C) I often know where the ball is going, stay on my toes to get there, and move correctly on the court.
- D) I move around the court in a smooth, balanced manner, anticipating lobs, forehands, backhands, dinks, slams, etc., most of the time.
- E) I am like a “rabbit” on the court, moving to wherever the ball is, anticipating correctly, making the shot, and getting back into position for the next shot, almost always.

**\*NOTE: To get a good idea of your skill level (1.0 through 5.0) You will need to have 8-10 of your answers (A, B, C, D, E) at that level in order to rate yourself at that level. This Self-Assessment guide should help you know what to work on to improve your game. Happy Pickling!**

**(Also, please keep in mind that a 5.0 Woman is NOT the same as a 5.0 Man)**

Skill Level	# Answers Recorded
A) 1.0-1.5	(     )
B) 2.0-2.5	(     )
C) 3.0	(     )
D) 3.5-4.0	(     )
E) 4.5-5.0	(     )