



Sun City Lincoln Hills Pickleball Club Skill Expectations for 2.0-3.0 Players



2.0 Skill Level

Demonstrates basic rules of game to include the double bounce rule, scoring and player position relative to serving
Demonstrates serving into the correct service court—4/10
Demonstrates service returns—4/10
Demonstrates forehand and backhand groundstrokes—4/10
Demonstrates volleys and dinks—4/10
Attempts proper footwork, body positions, balance, and sound fundamentals e.g. avoids running backwards resulting in a fall

2.5 Skill Level—should also possess most/all of 2.0 skills

Demonstrates serving into the correct service court—6/10
Demonstrates service returns—6/10
Demonstrates forehand groundstrokes past non-volley zone (NVZ)—6/10
Demonstrates backhand groundstrokes past NVZ—6/10
Attempts to hit a drop shot from mid-court and baseline into the NVZ—6/10
Demonstrates forehand and backhand volleys—6/10
Demonstrates forehand backhand dinks—6/10
Approaches the NVZ to hit volleys
Keeps the ball in play in short rallies

3.0 Skill Level—should also possess most/all of 2.5 skills

Demonstrates serves to back 1/3 of court—4/10
Demonstrates higher returns of serve to back 1/3 of court allowing time to approach net—4/10
Demonstrates control (direction, depth, placement) on forehand groundstroke to back 1/2 of court—4/10
Demonstrates control (direction, depth, placement) on backhand groundstroke to back 1/2 of court—4/10
Demonstrates 3rd shot drops from baseline—4/10
Demonstrates 3rd shot drops from mid court—4/10
Sustains a short volley session at the net
Quickly approaches net rather than staying back
Demonstrates footwork, body position, balance and sound fundamentals during play
Demonstrates doubles strategy including, but not limited to, moving together as a team and communication



Sun City Lincoln Hills Pickleball Club Skill Expectations for 3.5-4.0 Players



3.5 Skill Level—should also possess most/all of 3.0 skills

Demonstrates serves to back 1/3 of court—6/10
Demonstrates higher returns of serve to back 1/3 of court allowing time to approach net—6/10
Demonstrates control (direction, depth, placement) on forehand groundstroke to back 1/2 of court—6/10
Demonstrates control (direction, depth, placement) on backhand groundstroke to back 1/2 of court—6/10
Demonstrates 3rd shot drops from baseline—6/10
Demonstrates 3rd shot drops from mid court—6/10
Demonstrates overhead smash with control—6/10
Demonstrates offensive strategy incorporating 3rd shot drop, keeping opponent at baseline, blocking drives and creating and hitting to opponent's gaps.
Sustains short volley session at the net with some placement and control
Initiates and sustains dink exchange
Apply forehand and backhand lobs when appropriate
Avoids hitting opponents' balls that are going out
Developing patience during rallies
Attempts offensive lobs during dink rally

4.0 Skill Level—should also possess most/all of 3.5 skills

Demonstrates a variety of serves to include speed and depth
Consistent and dependable directional control, depth, placement and pace on groundstrokes and volleys—8/10
Accuracy in placing offensive lobs—8/10
Consistently executes successful 3rd shot drop in non volley zone (NVZ) from the baseline to approach shot—8/10
Demonstrates blocking and returning of fast paced volleys—8/10
Demonstrates overhead smash returned with speed and control—8/10
Initiates and maintains a sustained dink exchange at the net to elicit a "put-away" shot
Able to change between slow-paced and fast-paced strategies
Controls play at the NVZ line, keeping opponents back, driving them off the line and controlling the speed or placement of the ball
Recognizes and exploits weaknesses in opponents' game, effectively poaches and moves with partner, easily switching sides, and communicates when required
Maintains patience in rallies