



WHO AM I

This self-rating form asks you to consider your technical and tactical skills when playing pickleball. Read through all the descriptors for each skill level. Then be honest with yourself and select the rating that most accurately describes your skill level. Not every descriptor has to match your estimated skill level to select a specific rating.

2.0

- I just started playing and I have limited sports experience.

2.5

- I have limited experience playing pickleball.
- I can sustain a short rally with players of equal ability.
- I know how to keep score.
- I make many unforced errors.

3.0

- I can hit medium paced forehand shots but lack consistency in direction.
- I avoid backhands if I can because I lack control and consistency.
- I can usually serve to the correct court.
- I can return a serve but lack depth, direction, and consistency.
- I am learning to dink but can't really sustain a dink rally.
- I'm able to hit a medium paced volley (hitting the ball without bouncing) but lack direction and consistency.
- I understand the fundamental strategies of pickleball and am learning the proper court positions.
- I know the basic rules and can keep score.

3.5

- I can play successfully at the 3.0 level, and now have improved stroke control of the forehand.
- I'm learning to hit backhands with moderate consistency but will avoid a backhand if possible.

- I can serve and return consistently with limited ability to control depth.
- I'm more consistent with dinks by controlling the height and depth of shots.
- I'm learning to vary the pace.
- I'm developing the third shot drop as part of my strategy to get to the no volley zone line.
- I'm gaining control of my volley shots.
- I'm aware of adjusting my strategy between a hard, driving game and a soft, dinking game.
- I'm sustaining short rallies better and understand the value of stacking in certain situations.
- I make fewer unforced errors than at the 3.0 level.

4.0

- I can consistently hit my forehand shots with depth and control.
- I'm still perfecting my shot selection and timing.
- My backhand is much improved hitting the ball with some direction more consistently.
- I'm able to place serves and returns where I want varying depth and speed the majority of the time.
- I'm dinking more consistently controlling the height and depth.
- I'm gaining an understanding of the difference between attackable balls and those that are not.
- I'm able to volley a variety of shots at different speeds with consistency and control.
- I'm able to mix up third shot drops and drives with inconsistent results.
- I'm aware of my partner's position on the court and able to move as a team.
- I'm learning to adjust my game to attack the weaknesses of my opponents.
- I commit fewer unforced errors than at the 3.5 level.

I estimate my skill rating based on the above to be: _____