



## Mono Pickleball Club – Self Assessment Skills Checklist

### Self-Assessment Skills Checklist

*Instructions:* The following skills form the basis of the Skills Evaluation. Members seeking to change their level of play to 2.5 and above are asked to analyze their readiness using the checklist below. Do this by checking the most appropriate box for each skill.

*NOTE: During the evaluation additional weighting will be given to “Shot Selection”.*

Players requesting an evaluation are expected to demonstrate the majority of their skills in the second and/or third columns.

	Descriptor	Personal Assessment		
		1. Developing -some ability, < 50% consistency	2. Capable -approaching 70% consistency	3. Proficient -regularly and skillfully, 90% consistency
<b>Fundamentals</b>	A. Understands the rules of the game, including scoring and appropriate court positioning.			
	B. Demonstrates dexterity, quickness and hand-eye coordination			
<b>Serve</b>	C. Serves deep into correct court and stays in position to receive 3 <sup>rd</sup> shot.			
<b>Serve Return</b>	D. Returns serve deep into correct court and moves to position to receive 4th shot.			
<b>Shot Selection:</b> <i>Groundstroke, Dink, Volley (Punch &amp; Reset), Overhead, Drop Shot</i>	E. Uses a variety of shots to maintain a rally including drives, drops, dinks & volleys			
	F. Controls height, depth and angles of the ball			
	G. Plays ball strategically based on opposition players position			
	<b>Approximate Level</b>	1.0 – 2.0	2.5	3.5

Members will be notified of evaluation dates through the MPC website and newsletter.