

# USAPA / IFP PICKLEBALL SELF-RATINGS & DESCRIPTIONS

Rating	Rating Description
1.0	<ul style="list-style-type: none"> <li>• New and have only minimal knowledge of the game and the rules.</li> </ul>
1.5	<ul style="list-style-type: none"> <li>• Limited to some rallies.</li> <li>• Learning how to serve.</li> <li>• Developing a forehand.</li> <li>• Fails to return easy balls frequently and occasionally misses the ball entirely.</li> <li>• Played a few games and is learning the court lines, scoring, and some basic rules of the game.</li> </ul>
2.0	<ul style="list-style-type: none"> <li>• Sustains a short rally with players of equal ability.</li> <li>• Demonstrating the basic shot strokes – forehand, backhand, volley, overhead and the serve, but has obvious weaknesses in most strokes.</li> <li>• Familiar with court positioning in doubles play.</li> </ul>
2.5	<ul style="list-style-type: none"> <li>• Makes longer lasting slow-paced rallies.</li> <li>• Makes most easy volleys and uses some backhands, but needs more work on developing shot strokes.</li> <li>• Beginning to approach the non-volley zone to hit volleys.</li> <li>• Aware of the “soft game.”</li> <li>• Knowledge of the rules has improved.</li> <li>• Court coverage is weak but improving.</li> </ul>
3.0	<ul style="list-style-type: none"> <li>• More consistent on the serve and service return and when returning medium-paced balls.</li> </ul>

	<ul style="list-style-type: none"> <li>• Demonstrates improved skills with all the basic shot strokes and shot placement but lacks control when trying for direction, depth, or power on their shots.</li> <li>• Beginning to attempt lobs and dinks with little success and doesn't fully understand when and why they should be used.</li> </ul>
3.5	<ul style="list-style-type: none"> <li>• Demonstrates improved stroke dependability with directional control on most medium-paced balls and some faster-paced balls.</li> <li>• Demonstrates improved control when trying for direction, depth and power on their shots.</li> <li>• Needs to develop variety with their shots.</li> <li>• Exhibits some aggressive net play.</li> <li>• Beginning to anticipate opponent's shots.</li> <li>• Learning about the importance of strategy and teamwork in doubles.</li> </ul>
4.0	<ul style="list-style-type: none"> <li>• Consistent and dependable strokes, including directional control and depth on both forehand and backhand shots.</li> <li>• Reliable serves, lobs, overheads, approach shots and volleys and can use spin shots with some success.</li> <li>• Occasionally can force errors when serving.</li> <li>• Rallies may be lost due to impatience.</li> <li>• Uses the dink shot and drop shots to slow down or change the pace of the game.</li> <li>• Demonstrates 3<sup>rd</sup> shot strategies – drop shots, lobs, and fast-paced ground strokes.</li> <li>• Aggressive net play and teamwork in doubles is evident.</li> <li>• Fully understands the rules of the game and can play by them.</li> </ul>
4.5	<ul style="list-style-type: none"> <li>• Beginning to master the use of power and spin, can successfully execute all shots, can control the depth of their shots, and can handle pace.</li> <li>• Beginning to master the dink shots and drop shots and their importance to the</li> </ul>

	<p>game.</p> <ul style="list-style-type: none"> <li>• Beginning to master 3<sup>rd</sup> shot choices.</li> <li>• Displays sound footwork and moves well enough to get to the non-volley zone whenever required.</li> <li>• Understands strategy and can adjust style of play and game plan according to the opponent's strengths and weaknesses and court position.</li> <li>• Serves with power and accuracy and can also vary the speed and spin of the serve.</li> <li>• Understands the importance of "keeping the ball in play" and the effect of making errors.</li> <li>• Making good choices in shot selection.</li> <li>• Anticipates the opponent's shots resulting in good court positioning.</li> </ul>
5.0	<ul style="list-style-type: none"> <li>• Mastered all the skills – all shot types, touch, spin, serves, with control and can use them as weapons.</li> <li>• Excellent shot anticipation, extremely accurate shot placement and regularly hit winning shots.</li> <li>• Forces opponents into making errors by "keeping the ball in play."</li> <li>• Mastered the dink and drop shots.</li> <li>• Mastered the 3<sup>rd</sup> shot choices and strategies.</li> <li>• Uses soft shots, dinks and lobs to set up offensive situations.</li> <li>• Mastered pickleball strategies and can vary strategies and styles of play in competitive or tournament matches.</li> <li>• Dependable in stressful situations as in tournament match play.</li> <li>• Athletic ability, quickness, agility, and raw athleticism are also qualities that are sometimes what separates the top players from those near the top.</li> </ul>