

OMG Pickleball Club Self-rating Assessment



OVERVIEW

OMG Pickleball Club players who seek to **self-rate** themselves should review the skill level information outlined in this guide to determine what their **2-digit skill level** might be.

This rating assessment information has been defined by the *International Pickleball Teaching Professional Association (IPTPA)*. The IPTPA is a leading association of Certified Pickleball Teaching Professionals, viewed and highly respected as an organization of knowledgeable pickleball experts. The IPTPA's intent is to raise the standards of pickleball excellence on a worldwide basis and to work in conjunction with the USAPA to help grow the sport of pickleball. The OMG Pickleball Club supports the IPTPA's rating assessment approach.

There may be terms used in this guide that you are unfamiliar with. Click [here](#) to review the *Self-Rating Definitions Guide*.

Before you start the skill assessment, use the information below to familiarize yourself with how you can commit an "unforced error".

Then proceed to the top of page 2 to start analyzing your skill level. **One must meet all criteria in a Skill Set before they can be considered that skill level.**

Unforced Errors Defined

1. On a serve, you hit the ball short of the service court into the non-volley zone (NVZ) or hit the non-volley zone line.
2. You serve the ball into the wrong court, long behind the baseline or out of bounds.
3. You, as the server, do not have one or both feet behind the baseline and between the imaginary side and center line when the paddle makes contact with the ball. If the server steps on any of these lines or within the court when the paddle makes contact with the ball, it is a fault.
4. After the serve, you volley a ball before it has bounced once in your court.
5. While making a volley shot, you step into the non-volley zone or on the non-volley zone line.
6. You hit the ball into the net or into another permanent object such as the pole.
7. You hit a ball outside the boundary lines of the court.
8. If you get hit by the ball, it is an unforced error on you.
9. You hit a pop-up on either a volley, drop-shot, lob or dink that leads to an easy put-away by your opponent.
10. You hit a ball that would have been out of bounds.
11. You serve out of turn or from the incorrect side.

2.0 Skill Set

1. I have a copy or access to a current copy of the *USAPA Official Rulebook* and have read most of it.
FYI: The most recent version of the *Rulebook* can be found by going to the [USAPA website](#) and selecting *Rules & Referees*, and then selecting *USAPA/IFP Pickleball Rules*.
2. I know the basic rules including the two-bounce rule, scoring and player position relative to scoring.
3. I can demonstrate the basic pendulum swing on the forehand & backhand.
4. I can demonstrate dinks down the line forehand & backhand.
5. I can demonstrate dinks cross court forehand & backhand
6. I can demonstrate the proper ready position.
7. I can demonstrate the punch volley.
8. I can demonstrate proper sideways turn, arm positioning and backward movement for an overhead.
9. I can demonstrate an overhead.
10. I know where to stand as the serve team and the return team.
11. I can demonstrate proper side step movement while maintaining my balance.
12. I have good mobility and can move forward in a safe and balanced manner.
13. I am developing eye-hand coordination.
14. I can demonstrate a forehand ground stroke swing low to high, striking the ball off of my front foot.
15. I can demonstrate a backhand ground stroke swing low to high, striking the ball off of my front foot.
16. I can demonstrate a serve.
17. I can demonstrate the return of serve.

2.0 Skill Requirements

1. I can dink with my forehand down the line 4 out of 10 times.
2. I can dink with my forehand cross court 4 out of 10 times.
3. I can dink with my backhand down the line 4 out of 10 times.
4. I can dink with my backhand cross court 4 out of 10 times.
5. I can hit a forehand punch volley 4 out of 10 times.
6. I can hit a backhand punch volley 4 out of 10 times.
7. I can serve to the even court 4 out of 10 times.
8. I can serve to the odd court 4 out of 10 times.
9. I can return serve to the even court 4 out of 10 times.
10. I can return serve to the odd court 4 out of 10 times.

2.5 Skill Set

1. I can do everything outlined in the *2.0 Skill Set and Skill Requirements* sections.
2. I can demonstrate the basic pendulum swing forehand & backhand.
3. I am working on consistency while dinking down the line forehand & backhand.
4. I am working on consistency while dinking cross court forehand & backhand.
5. I can demonstrate proper side step movement while maintaining my balance at the non-volley zone (NVZ) line.
6. I can demonstrate a punch volley.
7. I am developing a 3rd shot drop by long dinking from the transition area (mid-court).
8. I am attempting to hit a 3rd shot drop during match play on the short court.
9. I am moving forward to approach the NVZ for dinks & volleys.
10. I can demonstrate an overhead with the proper sideways turn, arm positioning and backward movement.
11. I have good mobility and can move forward in a safe and balanced manner.
12. I have good eye-hand coordination.
13. I am beginning to demonstrate control on forehand groundstrokes (direction, depth, height).
14. I use a backhand ground stroke.
15. I can keep the ball in play during short rallies.

2.5 Skill Requirements

1. I can dink with my forehand down the line 6 out of 10 times.
2. I can dink with my forehand cross court 6 out of 10 times.
3. I can dink with my backhand down the line 6 out of 10 times.
4. I can dink with my backhand cross court 6 out of 10 times.
5. I can hit a 3rd shot drop from the transition area (mid-court) with my forehand 4 out of 10 times.
6. I can hit a 3rd shot drop from the transition area (mid-court) with my backhand 4 out of 10 times.
7. I can hit a forehand punch volley 5 out of 10 times.
8. I can hit a backhand punch volley 5 out of 10 times.
9. I can hit an overhead 2 out of 5 times.
10. I can serve to the even court 3 out of 5 times.
11. I can serve to the odd court 3 out of 5 times.
12. I can return serve to the even court 3 out of 5 times.
13. I can return serve to the odd court 3 out of 5 times.

3.0 Skill Set

1. I can do everything outlined in the *2.0 and 2.5 Skill Set and Skill Requirements* sections.
2. I am attempting to consistently dink while changing directions from cross court to down the line forehand & backhand.
3. I do not back up unnecessarily from the non-volley zone (NVZ).
4. I can punch a volley to the back ½ of opponent's court.
5. I can sustain a short volley exchange at the net.
6. I can perform a 3rd shot drop by long dinking from the transition area (mid-court).
7. I use the 3rd shot drop during match play on the short court.
8. I move forward as a team to approach the NVZ for dinks & volleys.
9. I can perform an overhead with better control while maintaining proper position.
10. I have good mobility & quickness.
11. I demonstrate improved control on forehand groundstrokes (direction, depth, height).
12. I have better control on backhand groundstrokes.
13. I can keep the ball in play during short rallies.
14. I attempt offensive lobs during play.
15. I demonstrate placement & depth on serves.
16. I demonstrate placement & depth on return of serves.
17. I am attempting to adjust to different ball speeds (serves, groundstrokes, volleys).

3.0 Skill Requirements

1. I can dink with my forehand down the line 7 out of 10 times.
2. I can dink with my forehand cross court 7 out of 10 times.
3. I can dink with my backhand down the line 7 out of 10 times.
4. I can dink with my backhand cross court 7 out of 10 times.
5. I can hit a 3rd shot drop from the transition area (midcourt) with my forehand 5 out of 10 times.
6. I can hit a 3rd shot drop from the transition area (mid-court) with my backhand 5 out of 10 times.
7. I can hit a 3rd shot drop from the baseline with my forehand 2 out of 5 times.
8. I can hit a 3rd shot drop from the baseline with my backhand 2 out of 5 times.
9. I can hit a forehand punch volley with directional & depth control 6/10 times.
10. I can hit a backhand punch volley with directional & depth control 6/10 times.
11. I can serve to the even court 3 out of 5 times.
12. I can serve to the odd court 3 out of 5 times.
13. I can return serve to the even court 3 out of 5 times.
14. I can return serve to the odd court 3 out of 5 times.
15. I can hit an overhead 3 out of 5 times.
16. I can hit an offensive lob from the NVZ 3 out of 5 times.
17. I normally have 10 or less unforced errors in a game.

3.5 Skill Set

1. I can do everything outlined in the 2.0, 2.5, and 3.0 Skill Set and Skill Requirements sections.
2. I can consistently dink while changing directions from cross court to down the line forehand & backhand.
3. I can hit a punch volley to the back ½ of opponent court, to keep opponents at the baseline.
4. I can sustain a controlled volley exchange at the net.
5. I can perform a 3rd shot drop from the baseline.
6. I am beginning to dink with a purpose.
7. I am moving forward as a team to approach the NVZ for dinks & volleys.
8. I am developing directional control while performing an overhead.
9. I demonstrate control on forehand groundstrokes (direction, speed, depth, height).
10. I demonstrate control on backhand groundstrokes (direction, depth, height).
11. I can keep the ball in play during rallies and am aware of minimizing errors.
12. I am able to communicate effectively with my partner & utilize different strategies to expose opponent weaknesses.
13. I am using deeper and higher returns to approach the net quicker.
14. I use offensive lobs effectively.
15. I demonstrate better placement and depth on serves.
16. I demonstrate better placement and depth on return of serves.
17. I have improved control when adjusting to different ball speeds (serves, groundstrokes, volleys).

3.5 Skill Requirements

1. I can perform windshield wiper dinks 14 out of 20 times. A windshield wiper dink is one when you dink at the NVZ but move as you dink from left to right and then right to left, etc.
2. I can hit a 3rd shot drop from the transition area (mid-court) with my forehand down the line 8 out of 10 times.
3. I can hit a 3rd shot drop from the transition area (mid-court) with my forehand cross court 8 out of 10 times.
4. I can hit a 3rd shot drop from the transition area (mid-court) with my backhand down the line 8 out of 10 times.
5. I can hit a 3rd shot drop from the transition area (mid-court) with my backhand cross court 8 out of 10 times.
6. I can hit a 3rd shot drop from the baseline with my forehand 3 out of 5 times.
7. I can hit a 3rd shot drop from the baseline with my backhand 3 out of 5 times.
8. I can hit an overhead 3 out of 5 times.
9. I can hit an offensive lob from the NVZ 3 out of 5 times.
10. I can hit a forehand punch volley with directional & depth control 7 out of 10 times, where the ball lands in the back half of the opponent's court.
11. I can hit a backhand punch volley with directional & depth control 7 out of 10 times, where the ball lands in the back half of the opponent's court.
12. I can serve to the even court 4 out of 5 times, where the ball lands in the back half of the opponent's court.
13. I can serve to the odd court 4 out of 5 times, where the ball lands in the back half of the opponent's court.
14. I can return serve to the even court 4 out of 5 times, where the ball lands in the back half of the opponent's court.
15. I can return serve to the odd court 4 out of 5 times, where the ball lands in the back half of the opponent's court.
16. I normally have 8 or less unforced errors in a game.

4.0 Skill Set

1. I can do everything outlined in the 2.0, 2.5, 3.0, and 3.5 Skill Set and Skill Requirements sections.
2. I can sustain a volley exchange at the net and am beginning to use directional control.
3. I can demonstrate a block volley.
4. I am able to hit a winning volley when a ball is popped up.
5. I have better consistency when performing a 3rd shot drop from the baseline.
6. I can hit a 3rd shot drop from the baseline during match play with greater success.
7. I move effectively with partner, easily switching sides, and communicating when required.
8. I can control play at the NVZ line, by keeping my opponent back if they are at the baseline.
9. I dink with a purpose to elicit a put away shot.
10. I can demonstrate an effective poach, and I understand when it's appropriate.
11. I am able to change a fast-paced strategy to a slow one and vice versa.
12. I can consistently perform an overhead and am beginning to place the shot for winners.
13. I demonstrate control on forehand groundstrokes (direction, depth, height, spin).
14. I demonstrate control on backhand groundstrokes (direction, depth, height, spin).
15. I understand proper shot selection to minimize errors.
16. I am able to adjust to differing ball speeds consistently.
17. I use offensive lobs effectively.
18. I am beginning to use spin effectively on a variety of shots.
19. I maintain greater patience in dinks & rallies.
20. I am beginning to anticipate shots more frequently (watching opponents paddle face).

4.0 Skill Requirements

1. I can perform windshield wiper dinks 16 out of 20 times. A windshield wiper dink is one when you dink at the NVZ but move as you dink from left to right and then right to left, etc.
2. I can hit a 3rd shot drop from the transition area (mid-court) with my forehand down the line 4 out of 5 times.
3. I can hit a 3rd shot drop from the transition area (mid-court) with my forehand cross court 4 out of 5 times.
4. I can hit a 3rd shot drop from the transition area (mid-court) with my backhand down the line 4 out of 5 times.
5. I can hit a 3rd shot drop from the transition area (mid-court) with my backhand cross court 4 out of 5 times.
6. I can hit a 3rd shot drop from the transition area (mid-court) with my backhand 4 out of 5 times.
7. I can hit a 3rd shot drop from the baseline with my forehand 7 out of 10 times.
8. I can hit a 3rd shot drop from the baseline with my backhand 7 out of 10 times.
9. I can hit a forehand punch volley with directional & depth control 4 out of 5 times, where the ball lands in the back half of the opponent's court.
10. I can hit a backhand punch volley with directional & depth control 4 out of 5 times, where the ball lands in the back half of the opponent's court.
11. I can hit a forehand block volley with directional & depth control 3 out of 5 times, where the ball lands softly in or near your opponent's non-volley zone.
12. I can hit a backhand block volley with directional & depth control 3 out of 5 times, where the ball lands softly in or near your opponent's non-volley zone.
13. I can hit an overhead 4 out of 5 times.
14. I can hit an offensive lob from the NVZ 4 out of 5 times.
15. I normally have 6 or less unforced errors in a game.

4.5 Skill Set

1. I can do everything outlined in the 2.0, 2.5, 3.0, 3.5, and 4.0 Skill Set and Skill Requirements sections.
2. I can consistently punch a volley to the appropriate spot on the court.
3. I can consistently demonstrate a block volley.
4. I can demonstrate a swing volley.
5. I can sustain a controlled volley exchange at the net, with directional control, creating unforced errors.
6. I am able to consistently hit a winning volley when a ball is popped up.
7. I can consistently hit a 3rd shot drop from baseline during match play.
8. I can drive a third shot for power as an option.
9. I initiate & maintain an extended dink exchange to elicit a put-away shot.
10. I can demonstrate an effective poach, and I understand when it's appropriate.
11. I am able to change a fast-paced strategy to a slow one and vice versa.
12. I can stack with my partner on the serve and the return.
13. I demonstrate control on forehand groundstrokes (direction, depth, height, top spin and under spin/slice).
14. I demonstrate control on backhand groundstrokes (direction, depth, height, top spin and under spin/slice).
15. I keep the ball in play during rallies and am aware of minimizing errors.
16. I know the rules including player position, relative to scoring and stacking on the return and serve.
17. I use offensive lobs effectively.
18. I demonstrate placement, spin and depth on return of serves.
19. I can adjust to different ball speeds and spins (serves, groundstrokes and volleys).
20. I use spin effectively on a variety of shots.

4.5 Skill Requirements

1. I can perform windshield wiper dinks 18 out of 20 times. A windshield wiper dink is one when you dink at the NVZ but move as you dink from left to right and then right to left, etc.
2. I can hit a 3rd shot drop from the baseline with my forehand down the line 4 out of 5 times.
3. I can hit a 3rd shot drop from the baseline with my forehand cross court 4 out of 5 times.
4. I can hit a 3rd shot drop from the baseline with my backhand down the line 4 out of 5 times.
5. I can hit a 3rd shot drop from the baseline with my backhand cross court 4 out of 5 times.
6. I can hit a 3rd shot drive from the baseline 4 out of 5 times.
7. I can hit a forehand swing volley 4 out of 5 times.
8. I can hit a backhand swing volley 4 out of 5 times.
9. I can hit a forehand punch volley with directional control 4 out of 5 times.
10. I can hit a backhand punch volley with directional control 4 out of 5 times.
11. I can hit a forehand block volley 4 out of 5 times.
12. I can hit a backhand block volley 4 out of 5 times.
13. I normally have 4 or less unforced errors in a game.