

APPL Self-Rating Assessment



ARIZONA
PICKLEBALL PLAYERS LEAGUE

Test yourself in each category following the instructions carefully. Put your results in the "Me" column.
Sign and date at the bottom and give it to your Captain to keep on file.

Skill	# Tries	2.5	3.0	3.5	4.0	Me	Description
DINKS Continuous Cross Court	10	6	7	8	9		From Non-Volley Zone Line (NVZ) land in opposite side ½ Kitchen area. Rebound bounce is Unattackable (below Net Height).
DROP SHOT From Mid-Court	10	4	5	8	9		5 Forehand; 5 Backhand. From the transition area into the Kitchen. Rebound bounce is Unattackable.
DROP SHOT From Baseline	5	NA	2	3	4		From the baseline into the kitchen. Rebound bounce is Unattackable.
PUNCH VOLLEYS From NVZ	10	5	6	6	8		5 Forehand; 5 Backhand. For 2.5 get it over the net and land in bounds. For 3.0+ land in back half of court.
BLOCK VOLLEYS From NVZ	10	NA	NA	NA	8		Unattackable. Land in Kitchen.
OVERHEAD	5	2	3	3	4		Start at mid-court. Land anywhere in court.
OFFENSIVE LOB	5	NA	3	3	4		Start at NVZ. Land in back 1/2 of opposing court or deeper and minimum 10 ft High (Unreachable by opponent at NVZ line)
SERVES	10	6	6	8	8		5 from Right Court; 5 from Left Court. For 2.5 get it in. For 3.0+ land in back half of court.
RETURNS	10	6	6	7	8		5 from Right Court; 5 from Left Court. For 2.5 get it in. For 3.0/3.5 land in back half of court. For 4.0 must return with backhand from Left Court (or Right court if left-handed).
TOTAL	75	29	38	46	62		Add up your scores and use the chart below to determine your Rating Assessment. Ensure you meet the Skill Level Qualifications below to play at that level.

Rating	Score
2.5	29-37
3.0	39-45
3.5	46-61
4.0	62+

SKILL LEVEL QUALIFICATIONS:

- 2.5** Must know rules and be able to keep the ball in play.
Must move in for dinks and volleys.
Must be able to track the ball and move laterally with partner.
- 3.0** All of above plus: Does not back off NVZ line unnecessarily.
Can Adjust to different ball speeds.
Uses third shot drop during play.
- 3.5** All of the above plus: Can change directions when dinking. Dinks with purpose.
Can control Volley Exchange at the net.
Can slow down (reset) a ball during play. Can also speed up a ball when appropriate.
Communicates with partner regarding movement and strategy.
- 4.0** All of the above plus: Demonstrates directional control, pace and consistency on 3rd Shot Drops, Dinking and Ground Strokes. Maintains greater patience in Dinks and Rallies.

Print Name _____

Date _____