

Cochrane Pickleball 3.5 Skills Assessment

1 Meets Standard

2 Needs Improvement

3 Below Standard

Name: _____

Date: _____

<i>Skill</i>	<i>Description</i>	<i>Observations</i>	1	2	3
Forehand	Line/X-court, some depth 8=10 reps, 75%				
Backhand	Line/X-court, some depth 8-10 reps, 60%				
Serve	Even/Odd, depth 5 per side, 80%				
Serve Return	Depth, placement 80% 5 per side				
3rd Shot	Drops from baseline- Continuous feed, 60-70%				
Transition	From baseline, 1 step at time to NVL (60%)				
Dinks	Straight up- easy to hard (80%) FH/BH x-court – easy +(70%)				
Volley	Punch – Deep into court L and R (80%) 6-8 reps				

3.5 Game Play Assessment

Name: _____

1 Meets Standard

2 Needs Improvement

3 Below Standard

SKILLS OBSERVED DURING GAME	1	2	3
Dependable Groundstrokes, some <i>directional control on Forehand</i>			
<i>Backhand</i> has some depth and direction			
<i>Consistent Serves</i> and Serve Return, using <i>depth</i> and <i>placement</i>			
Can <i>keep opponents in back of court</i> using punch volleys, deep shots			
Keeps ball in play for <i>longer rallies, including overheads and lobs</i>			
Can sustain <i>longer volley exchange</i> at net			
More <i>consistent 3rd Shot Drops from baseline</i> into opponent's NVZ			
Sustains <i>longer dinking exchanges</i> , becoming more aggressive			
Making <i>fewer unforced errors</i> (keeping ball "in play")			
Becoming more effective from <i>Transition Zone, attempting soft shots into NVZ</i>			
<i>Moves well with partner</i> along NVL			
<i>Moves up to NVL with partner, *stays at line*</i>			
Knows correct <i>court position</i>			
<i>Communicates</i> well with partner (lob recovery, strategies)			

COMMENTS: _____

RATING: _____

OBSERVATION TEAM: _____