Cochrane Pickleball 4.0 Skills Assessment

Name: _____   **Date:_____**

1 = Meets the Standard   2 = Needs Improvement   3 = Does not meet the Standard

Skill	Description	Observations	1	2	3
Serve	(Depth, direction, pace.)				
ROS	(Depth, direction, variation)				
3rd Shot	Drops from baseline- Continuous feed (placement, consistency, some corner drops) (80% SU, 60% corner)				
3rd shot	Drives from baseline, some consistency 60%				
Transition	From baseline, 1 step, to NVL (70%)				
Transition	From baseline to NVL and return (70%)				
Dinks	Straight up- easy to agro (90%)				
Dinks	FH x-court – easy to agro (70%) BH x-court – easy to agro (70%)				
Volley	Punch – Deep into court L and R (80%) Some directional control				
	Block – L and R (80%) (Into NVZ), some consistency				

Cochrane Pickleball 4.0 Performance Assessment

1 = Meets the Standard   2 = Needs Improvement   3 = Does not meet the Standard

SKILLS OBSERVED DURING GAME	1	2	3
Able to **Block** hard drives/ Makes strong **Volleys** using some direction, depth and control			
Can change from a **hard shot to a soft shot**, and vice versa when needed			
Makes **fewer Errors**, seldomly hitting ball "out"			
Moves effectively with partner from baseline, through transition to NVL			
Moves well along the NVL with partner, keeping opponents "off balance"			
Demonstrates **proper court positioning** in all phases of play.			
Can **sustain a dinking rally**/ uses **dinking strategies** to promote "put away shots"			
Consistently uses **3rd shot drops** from baseline with good success			
Is able to execute **reset shots** from the Transition zone into NVZ, with good success			
Maintains **patience** during rallies, and makes **good shot choices**.			
Is **balanced** and in control while executing shots, **not running through** shots			
Communicates with partner effectively			
Shows good mobility.			
Uses Lob effectively / Can *retrieve Lobs* with good success			

Comments:

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Rating: _____   *Done by:* _____

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