

2.0 LWPC Skill Assessment

| DESCRIPTIVE | Y/N | COMMENTS |
|--|-----|----------|
| Knows the basic rules including two bounce rule, scoring and player position relative to scoring | | |
| Demonstrates basic pendulum swing on the forehand & backhand side | | |
| Demonstrates proper ready position | | |
| Knows where to stand as the serve team and the return team | | |
| Demonstrates a forehand ground stroke swing low to high and striking the ball off front foot | | |
| Demonstrates a backhand ground stroke swing low to high and striking the ball off front foot | | |
| Demonstrates a serve | | |
| Demonstrates return of serve | | |
| Mobility for SAFETY – does not run backwards, working on side stepping, body positioning, balanced | | |
| Skill Testing Requirement: Dinks | | |
| Forehand down the line 2/10 | | |
| Forehand cross court 2/10 | | |
| Backhand down the line 2/10 | | |
| Backhand cross court 2/10 | | |
| Skill Testing Requirement: Serves | | |
| Right Court 4/10 | | |
| Left Court 4/10 | | |
| Skill Testing Requirement: Return of serve | | |
| Right Court 4/10 | | |
| Left 4/10 | | |

Leisure World Pickleball Club, Mesa Arizona

www.lwpickleball.com

DATE _____

Signature/Name _____