



## 3.0 SKILL LEVEL

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The goal of 3.0 level play is to provide an opportunity for players to improve some basic technical aspects of their pickleball skills that might allow them to begin to strategize while they play. At this level, most players can keep score, engage in consistent rallies, and may even start to consider entering a tournament.

### **Playing Criteria for 3.0 level players:**

- Possess all criteria from previous levels
- Understands fundamental rules, scoring and positional elements of the game
- Consistent serve and return of serve with depth/direction
- Demonstrates consistent forehand and backhand groundstrokes
- Beginning to demonstrate control on forehand groundstrokes (direction, depth)
- Uses a backhand groundstroke when appropriate
- Working on consistency while dinking down the line forehand and backhand
- Working on consistency while dinking cross court forehand and backhand
- Demonstrates a punch volley on forehand and backhand sides
- Is attempting 3rd shot drop by long dinking from the transition area
- Avoids unnecessary play from transition zone
- Demonstrates proper side-step movement while staying balanced at the NVL
- Has good mobility and moves in a safe and balanced manner
- Hand-eye coordination compliments court movement
- Keeps ball in play during short rallies by attempting different shots, i.e., volleys, dinks
- Is beginning to communicate with partner about tactical elements
- Achieves a minimum of 21 points across three games



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### **Skills Requirements – 3.0 player: DINKS**

\*Dinks must land in the NVZ

Forehand dinks down the line 5/10

Forehand dinks cross court 5/10

Backhand dinks down the line 5/10

Backhand dinks cross court 5/10

### **Skills Requirements – 3.0 player: Punch Volley**

\*Punch volley must land in transition zone

Forehand punch volley 5/10

Backhand punch volley 5/10

### **Skill Requirements – 3.0 player: Transition Drops**

\*Transition drops must land in the NVZ

Forehand transition drops 4/10

Backhand transition drops 4/10

### **Skill Requirements – 3.0 player: Baseline Drops**

\*Baseline drops must land in the NVZ

Forehand transition drops 2/5

Backhand transition drops 2/5

### **Skill Requirements – 3.0 player: Serves**

\*Serves must land in the appropriate box

Deuce (right-side) 3/5

Left (left-side) 3/5

### **Skill Requirements – 3.0 player: Return of Serves**

\*Returns must land in the transition zone

Forehand 3/5

Backhand 2/5

**Assessment for the 3.0 level requires players to Meet Standard on 9/17 Playing Criteria and scores a minimum total of 53/110 on the Skill Requirements.**

**If a player does not meet the minimum standard on any individual skill station, that station will receive a score of 0, even if partial ability is demonstrated.**