



## Pickleball Individual Skills Scoresheet

### Forehand Dink

The athlete stands in the middle of the court **at/behind the Kitchen Line** with the feeder on the other side of the net in the middle of the court at/behind their respective Non-Volley Zone (NVZ) or more commonly called the Kitchen. Each athlete is given 10 opportunities to hit a ball safely over the net to land inside the NVZ/Kitchen. The feeder underhand tosses each ball to the athlete's forehand side inside the NVZ/Kitchen. The athlete must allow the ball to bounce inside the NVZ/Kitchen before hitting the ball. The athlete scores 1 point for successfully hitting the ball into the opponent's NVZ/Kitchen. **Total points possible = 10 points**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

### Backhand Dink

Same as the Forehand Dink except the Feeder underhand tosses each ball to the athlete's backhand side. The athlete scores 1 point for successfully hitting the ball into the opponent's NVZ/Kitchen. **Total points possible = 10 points**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

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### Forehand Volley

The athlete stands in the middle of the court **at/behind the NVZ/Kitchen Line** with the feeder on the other side of the net in the middle of the court at/behind their respective NVZ/Kitchen Line. Each athlete is given 10 opportunities to hit a ball in the air safely over the net before it bounces. The feeder underhand tosses each ball to the athlete's forehand side without the ball bouncing. The athlete must hit the ball before it bounces without stepping into the NVZ/Kitchen. The athlete scores 1 point for successfully hitting the ball over the net in bounds. **Total points possible = 10 points**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

### Backhand Volley

Same as Forehand Volley except the feeder sends the balls to the athlete's backhand side. Athletes are given 10 opportunities for the Backhand. **Total points possible is 10 points.**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

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### Forehand Third-Shot Drop

The athlete stands in the middle of the court **at/near the baseline** with the feeder on the other side of the net. Each athlete is given 10 opportunities to hit the ball safely over the net with the intention of landing their shot within the NVZ/Kitchen. The feeder throws the ball to the athlete's forehand side with the ball bouncing in front of the athlete. If the athlete returns the ball so it hits within the NVZ/Kitchen, it is worth 10 points. If the ball hits past the NVZ/Kitchen line in bounds, it is worth 5 points. **Total points possible is 100 points.**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

### Backhand Third-Shot Drop

Same as Forehand Third-Shot Drop except the feeder sends the balls to the athlete's backhand side. Athletes are given 10 opportunities for the Backhand. **Total points possible is 100 points.**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

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### Forehand Ground Stroke

The athlete stands in the middle of the **court at/near the baseline** with the feeder on the other side of the net. Each athlete is given 10 opportunities to hit the ball safely over the net with the intention of hitting it deeper rather than having the ball land within the NVZ/Kitchen. The feeder throws the ball to the athlete's forehand side with the ball bouncing in front of the athlete. The athlete attempts to have their return shot hit past NVZ/Kitchen line. If the ball hits past the NVZ/Kitchen line, it is worth 10 points. If the ball lands within the NVZ/Kitchen, it is worth 5 points. **Total points possible is 100 points.**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

### Backhand Ground Stroke

Same as Forehand Ground Stroke except the feeder sends the balls to the athlete's backhand side. Athletes are given 10 opportunities for the Backhand. **Total points possible is 100 points.**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

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### Deuce Serve

The athlete stands **beyond the baseline on the Deuce side of the court** (the server's right-hand side as they face the net). Each athlete will be given 10 opportunities to successfully serve the ball into the Deuce service area (the opposite diagonal court). The serve must be made underhand with the paddle contacting the ball below the server's waist/navel level, and neither foot may contact or cross the baseline until after the ball is struck. The ball can, but does not have to, bounce before contact is made during the serve. The ball may not be thrown up in the air or thrown down to bounce off the court. The ball must be dropped. The ball must make it over the net and land within the diagonal serving area past the NVZ/Kitchen line, and the ball must not touch this line. If the ball touches the baseline, middle service line, or sideline, however, it is a successful serve. Each successful serve is worth 1 point. **Total points possible is 10 points.**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

### Ad Serve

The athlete repeats this process from the Ad side of the court (the server's left-hand side as they face the net) for 10 attempts. Each successful serve is worth 1 point. **Total points possible is 10 points.**

Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Attempt 6	Attempt 7	Attempt 8	Attempt 9	Attempt 10

Total Points = \_\_\_\_\_

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Total Combined Points =